

Individual Best Times (All Time)

Jacob Greenow - (399355) - Bradford-On-Avon ASC - 100 Backstroke - Short Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
55.16	672	H	17/12/22	Swim Wales Winter Championships 2022	Swansea		2
55.36	665	F	17/12/22	Swim Wales Winter Championships 2022	Swansea		2
55.69	653	F	16/10/22	Millfield & Team Bath AS Level 2 Short Course Meet	Millfield		2
56.44	627	F	20/10/19	Millfield School & Street SC TYR	Millfield School	Bath Univ	2
57.00	609	F	19/11/16	Plymouth Leander Winter Qualifier Open 2016	Plymouth	TauntonDeane	2
57.12	605	F	30/10/16	Millfield & Taunton Super Series	Millfield	TauntonDeane	2
57.25	601	H	07/11/15	ASA South West Short Course Championships	Millfield		2
58.00	578	F	21/03/15	Somerset ASA Championships	Millfield	TauntonDeane	2
58.35	568	F	17/10/15	Greater Gwent Fast Water Open Meet 2015	Newport	TauntonDeane	2
58.38	567	H	09/03/14	Somerset County Championships	Millfield	TauntonDeane	2
58.39	567	F	12/07/15	Taunton Deane Summer Level 3 Meet	Weston Super Mare	TauntonDeane	3
58.79	555	F	09/03/14	Somerset County Championships	Millfield	TauntonDeane	2
59.17	544		29/11/14	Swin Bournemouth 6th Christmas Open Meet	Bournemouth	TauntonDeane	2
59.54	534	F	06/07/14	Taunton Deane Summer Level 3	Weston Super Mare	TauntonDeane	3
1:00.16	518	H	21/03/15	Somerset ASA Championships	Millfield	TauntonDeane	2
1:00.47	510	F	26/10/14	Taunton Deane Grand Prix Series	Taunton	TauntonDeane	4
1:01.32	489	F	19/10/13	Great Gwent Fast Water Meet level 2	Newport	TauntonDeane	2
1:01.48	485	F	07/07/13	Taunton Deane SC Level 3 Summer Meet	Hutton Moor	TauntonDeane	3
1:01.96	474	F	17/11/13	Millfield & Taunton Deane L2 Meet	Millfield	TauntonDeane	2
1:02.04	472	F	17/02/13	Somerset ASA County Championships	Millfield	TauntonDeane	2
1:02.06	472	H	17/02/13	Somerset ASA County Championships	Millfield	TauntonDeane	2
1:02.41	464	H	07/12/13	ASA SWR Short Course Championships	Millfield	TauntonDeane	2
1:04.61	418	H	01/12/12	ASA South West Regional Championships	Street	TauntonDeane	2
1:05.44	402	H	28/04/12	City of Newport Spring Open Meet	Newport	TauntonDeane	2
1:05.50	401	F	28/04/12	City of Newport Spring Open Meet	Newport	TauntonDeane	2
1:06.62	381	F	28/10/12	Taunton Deane Annual Club Championships	Taunton	TauntonDeane	4
1:07.40	387	F	10/03/10	Somerset ASA County Championships 2010	Millfield	TauntonDeane	2

1:07.49	367	F	19/02/12	Somerset ASA County Championships 2012	Millfield	TauntonDeane	2
1:07.49	367	F	19/02/12	Somerset ASA Annual Development Meet	Millfield	TauntonDeane	3
1:10.14	327		22/10/11	Greater Gwent Fast Water Open	Newport	TauntonDeane	1
1:10.33	324		20/02/11	Somerset County Championships	Millfield	TauntonDeane	2
1:13.09	289		10/07/11	Taunton Deane Summer Open Meet	Weston-Super-Mare	TauntonDeane	3
1:13.53	283		30/10/11	Taunton Deane Swimming Annual Champs	Taunton	TauntonDeane	4
1:14.49	273	F	01/05/10	City of Newport Spring Meet	Newport	TauntonDeane	1
1:15.30	264		23/10/10	Greater Gwent Open Water	Newport	TauntonDeane	1
1:15.46	262	H	01/05/10	City of Newport Spring Meet	Newport	TauntonDeane	1
1:17.29	244		31/10/10	Taunton Deane Club Champs	Taunton	TauntonDeane	4
1:17.58	241		11/07/10	Taunton Deane Summer Meet	Weston super Mare	TauntonDeane	3
1:22.09	204		12/07/09	Taunton Deane Summer Meet	Weston Super Mare	TauntonDeane	3
1:23.17	196	H	11/04/09	Weston Super Mare Open	Hutton Moor	TauntonDeane	2
1:28.06	165	H	13/07/08	Taunton Deane Summer Meet	Weston super Mare	TauntonDeane	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
55.36	665	F	17/12/22	Swim Wales Winter Championships 2022	Swansea		2
55.16	672	H	17/12/22	Swim Wales Winter Championships 2022	Swansea		2
55.69	653	F	16/10/22	Millfield & Team Bath AS Level 2 Short Course Meet	Millfield		2
56.44	627	F	20/10/19	Millfield School & Street SC TYR	Millfield School	Bath Univ	2
57.00	609	F	19/11/16	Plymouth Leander Winter Qualifier Open 2016	Plymouth	TauntonDeane	2
57.12	605	F	30/10/16	Millfield & Taunton Super Series	Millfield	TauntonDeane	2
57.25	601	H	07/11/15	ASA South West Short Course Championships	Millfield		2
58.35	568	F	17/10/15	Greater Gwent Fast Water Open Meet 2015	Newport	TauntonDeane	2
58.39	567	F	12/07/15	Taunton Deane Summer Level 3 Meet	Weston Super Mare	TauntonDeane	3
58.00	578	F	21/03/15	Somerset ASA Championships	Millfield	TauntonDeane	2
1:00.16	518	H	21/03/15	Somerset ASA Championships	Millfield	TauntonDeane	2
59.17	544		29/11/14	Swin Bournemouth 6th Christmas Open Meet	Bournemouth	TauntonDeane	2
1:00.47	510	F	26/10/14	Taunton Deane Grand Prix Series	Taunton	TauntonDeane	4
59.54	534	F	06/07/14	Taunton Deane Summer Level 3	Weston Super Mare	TauntonDeane	3
58.79	555	F	09/03/14	Somerset County Championships	Millfield	TauntonDeane	2
58.38	567	H	09/03/14	Somerset County Championships	Millfield	TauntonDeane	2
1:02.41	464	H	07/12/13	ASA SWR Short Course Championships	Millfield	TauntonDeane	2
1:01.96	474	F	17/11/13	Millfield & Taunton Deane L2 Meet	Millfield	TauntonDeane	2
1:01.32	489	F	19/10/13	Great Gwent Fast Water Meet level 2	Newport	TauntonDeane	2
1:01.48	485	F	07/07/13	Taunton Deane SC Level 3 Summer Meet	Hutton Moor	TauntonDeane	3
1:02.04	472	F	17/02/13	Somerset ASA County Championships	Millfield	TauntonDeane	2
1:02.06	472	H	17/02/13	Somerset ASA County Championships	Millfield	TauntonDeane	2
1:04.61	418	H	01/12/12	ASA South West Regional Championships	Street	TauntonDeane	2
1:06.62	381	F	28/10/12	Taunton Deane Annual Club Championships	Taunton	TauntonDeane	4
1:05.50	401	F	28/04/12	City of Newport Spring Open Meet	Newport	TauntonDeane	2
1:05.44	402	H	28/04/12	City of Newport Spring Open Meet	Newport	TauntonDeane	2
1:07.49	367	F	19/02/12	Somerset ASA County Championships 2012	Millfield	TauntonDeane	2
1:07.49	367	F	19/02/12	Somerset ASA Annual Development Meet	Millfield	TauntonDeane	3
1:13.53	283		30/10/11	Taunton Deane Swimming Annual Champs	Taunton	TauntonDeane	4
1:10.14	327		22/10/11	Greater Gwent Fast Water Open	Newport	TauntonDeane	1
1:13.09	289		10/07/11	Taunton Deane Summer Open Meet	Weston-Super-Mare	TauntonDeane	3
1:10.33	324		20/02/11	Somerset County Championships	Millfield	TauntonDeane	2
1:17.29	244		31/10/10	Taunton Deane Club Champs	Taunton	TauntonDeane	4
1:15.30	264		23/10/10	Greater Gwent Open Water	Newport	TauntonDeane	1
1:17.58	241		11/07/10	Taunton Deane Summer Meet	Weston super Mare	TauntonDeane	3
1:14.49	273	F	01/05/10	City of Newport Spring Meet	Newport	TauntonDeane	1

1:15.46	262	H	01/05/10	City of Newport Spring Meet	Newport	TauntonDeane	Page 3 / 3 1
1:22.09	204		12/07/09	Taunton Deane Summer Meet	Weston Super Mare	TauntonDeane	3
1:23.17	196	H	11/04/09	Weston Super Mare Open	Hutton Moor	TauntonDeane	2
1:28.06	165	H	13/07/08	Taunton Deane Summer Meet	Weston super Mare	TauntonDeane	3