

Individual Best Times (All Time)

Elliot Legg - (428652) - West Norfolk Swimming Club - 50 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
29.02	442	F	01/03/14	Norfolk County Champs & AG Comp	Thetford	West Norfolk	2
29.03	441	F	01/03/14	Norfolk County Champs & AG Comp	Thetford	West Norfolk	2
29.33	428	H	01/03/14	Norfolk County Champs & AG Comp	Thetford	West Norfolk	2
29.42	424	H	07/12/14	ASA East Region Winter Championships	Luton	West Norfolk	2
29.64	415	F	19/01/14	Teamipswich January Last Chance Meet	Ipswich	West Norfolk	3
29.68	413	H	13/03/16	West Norfolk Open Meet 2016	Kings Lynn	West Norfolk	3
29.84	406	H	28/02/15	Norfolk County Championships	Thetford	West Norfolk	2
29.91	403	F	02/11/14	Teamipswich Open Meet	Ipswich		3
30.05	398	F	03/10/15	UEA City of Norwich SC Halloween Howler 2015	Norwich		2
30.12	395	F	04/10/14	Dereham Icenl Level 3 Open Meet	Dereham	West Norfolk	3
30.13	395	H	13/02/16	Norfolk County Championships 2016	Thetford	West Norfolk	2
30.18	393	F	28/02/15	Norfolk County Championships	Thetford	West Norfolk	2
30.30	388	F	03/11/13	Teamipswich Swimming November Open Meet	Ipswich	West Norfolk	3
30.35	386	F	20/03/16	Teamipswich March Open 2016	Ipswich	West Norfolk	3
30.42	383	F	06/04/13	City of Peterborough Licensed Open	Peterborough	West Norfolk	2
30.43	383	H	08/11/15	ASA East Region Winter Championships 2015	Luton	West Norfolk	2
30.59	377	H	27/10/12	Teamipswich 14th Open Meet	Ipswich	West Norfolk	2
30.62	376	F	28/02/15	Norfolk County Championships	Thetford	West Norfolk	2
30.64	375	H	02/03/13	Norfolk County Championships	Thetford	West Norfolk	2
30.64	375	F	02/03/13	Norfolk County Championships	Thetford	West Norfolk	2
30.72	372	F	18/04/15	Newmarket & District Seventh Open Meet	Newmarket		3
30.79	370	F	02/03/13	Norfolk County Championships	Thetford	West Norfolk	2
30.84	368	H	02/12/12	ASA East Region Winter Championships	Cambridge	West Norfolk	2
31.83	335	H	03/03/12	Norfolk County Championships	Thetford	West Norfolk	2
32.19	324	F	03/03/12	Norfolk County Championships	Thetford	West Norfolk	2
41.43	151	H	17/01/09	teamipswich 10th Open	Ipswich	West Norfolk	2
41.84	147	H	08/02/09	Norfolk County Champs	Thetford	West Norfolk	2

41.04	147	F	08/03/08	Norfolk County Champs	Thetford	West Norfolk	2
42.10	144	F	08/03/08	Norfolk County Champs	Thetford	West Norfolk	2
46.01	110	H	10/03/07	Norfolk County Champs	Thetford	West Norfolk	2
46.29	108	F	10/03/07	Norfolk County Champs	Thetford	West Norfolk	2

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