

# Individual Best Times (All Time)

James Russen - (57578) - Norwich Swan SC - 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
34.07	273	H	11/11/17	BUCS Short Course Swimming Championships	Sheffield		2
34.38	265	H	12/07/14	Norwich Swan SC Club Championships	Wymondham	Norwich Swan	4
34.67	259	H	12/03/11	Norfolk County Championships	Thetford	Norwich Swan	2
34.95	253	H	07/03/09	Norfolk County Champs	Thetford	Norwich Swan	2
35.14	249	H	13/03/10	Norfolk County Champs	Thetford	Norwich Swan	2
41.89	147	H	27/02/05	Norfolk County Championships	Thetford	Norwich Swan	2
48.34	95	H	16/03/03	Norfolk County SC Champs	Various	Norwich Swan	2

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