

Individual Best Times (All Time)

James Russen - (57578) - Norwich Swan SC - 100 Individual Medley - 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
1:12.30	316	H	19/07/14	Norwich Swan SC Club Championships	Wymondham	Norwich Swan	4
1:13.90	296	H	06/03/10	Norfolk County Champs	Thetford	Norwich Swan	2
1:14.25	292	H	05/03/11	Norfolk County Championships	Thetford	Norwich Swan	2
1:15.37	279	H	28/02/09	Norfolk County Champs	Thetford	Norwich Swan	2

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