

Individual Best Times (All Time)

James Russen - (57578) - Norwich Swan SC - 100 Freestyle - 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
1:01.81	381	H	03/11/12	BUCS Swimming (25m) Championships 2012	Sheffield	Norwich Swan	2
1:01.92	379	H	05/07/14	Norwich Swan SC Club Championships	Wymondham	Norwich Swan	4
1:03.90	345	H	06/03/11	Norfolk County Championships	Thetford	Norwich Swan	2
1:04.45	336	H	14/03/10	Norfolk County Champs	Thetford	Norwich Swan	2
1:04.51	335	H	01/03/09	Norfolk County Champs	Thetford	Norwich Swan	2

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