

Individual Best Times (All Time)

James Russen - (57578) - Norwich Swan SC - 200 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
2:19.96	357	H	04/11/12	BUCS Swimming (25m) Championships 2012	Sheffield	Norwich Swan	2
2:21.06	349	H	06/03/10	Norfolk County Champs	Thetford	Norwich Swan	2
2:21.72	344	H	05/03/11	Norfolk County Championships	Thetford	Norwich Swan	2
2:22.32	340	H	28/02/09	Norfolk County Champs	Thetford	Norwich Swan	2

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2:22.32	340	H	28/02/09	Norfolk County Champs	Thetford	Norwich Swan	2