

# Individual Best Times (All Time)

James Russen - (57578) - Norwich Swan SC - 200 Breaststroke - Short Course

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:48.02	146	H	06/03/05	Norfolk County Championships	Thetford	Norwich Swan	2

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:48.02	146	H	06/03/05	Norfolk County Championships	Thetford	Norwich Swan	2