

Individual Best Times (All Time)

Marawan Abou-El-Rous - (754120) - Borough of Harrow S C - 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
1:11.00	334	F	28/09/19	BHSC Club Championships 2019	Barnet	Bo Of Harrow	4
1:11.32	329	F	30/09/18	Borough of Harrow Club Championships 2018	Barnet	Bo Of Harrow	4
1:13.65	299	F	17/06/17	Borough of Harrow Club Championships	Hendon	Bo Of Harrow	4
1:13.98	295	F	16/07/17	BHSC L3 Sprint Meet 2017	Hendon	Bo Of Harrow	3
1:16.91	263	F	19/09/16	Borough of Harrow Club Championships	Hendon	Bo Of Harrow	4
1:18.94	243	F	04/12/16	Boro Harrow Christmas Cracker County Qualifier	Barnet	Bo Of Harrow	3
1:19.36	239	H	25/09/16	BPSC Season Opener	Basildon	Bo Of Harrow	2
1:19.88	234	F	19/06/16	BHSC End of Season Open Meet 2016	Hendon	Bo Of Harrow	3
1:23.81	203	F	27/02/16	Ealing February L3 Open Meet	Northolt	Bo Of Harrow	3
1:24.71	196	F	31/10/15	Ealing November Open Meet	Northolt	Bo Of Harrow	3
1:25.43	191	H	17/10/15	Bishops Stortford 7th Autumn Open Meet	Borehamwood		2
1:26.10	187	F	29/11/15	BHSC Christmas Cracker County Qualifier 2015	Barnet	Bo Of Harrow	3
1:26.68	183		04/10/15	Barnet Cophall SC 100 Meet	Barnet	Bo Of Harrow	3
1:28.83	170	F	16/06/15	Borough of Harrow Club Championships	Hendon	Bo Of Harrow	4
1:39.27	122	F	27/06/15	BHSC End of Season Early County Qualifier	Hendon	Bo Of Harrow	3
1:41.50	114	F	21/06/14	Borough of Harrow End of Season Open Meet	Barnet	Bo Of Harrow	3
1:44.35	105	F	31/05/14	Borough of Harrow SC Spring Invitation Gala	Harrow	Bo Of Harrow	4
1:45.85	100	F	28/09/14	Borough of Harrow Club Championships	Barnet	Bo Of Harrow	4

Swims in Date Order

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