

Individual Best Times (All Time)

Marawan Abou-El-Rous - (754120) - Borough of Harrow S C - 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
2:08.11	466	F	01/12/19	BHSC Christmas Cracker Meet 2019	Barnet	Bo Of Harrow	3
2:14.10	406	F	01/10/18	Borough of Harrow Club Championships 2018	Barnet	Bo Of Harrow	4
2:15.14	397	F	24/06/17	Borough of Harrow Club Championships	Hendon	Bo Of Harrow	4
2:16.73	383	F	29/09/19	BHSC Club Championships 2019	Barnet	Bo Of Harrow	4
2:17.22	379	H	30/09/17	BPSC Season Opener 2017	Basildon	Bo Of Harrow	3
2:17.58	376	F	02/12/17	BHSC Christmas Cracker County Qualifier 2017	Hendon	Bo Of Harrow	3
2:20.32	355	F	05/03/17	BHSC Regional Qualifier Meet 2017	Barnet	Bo Of Harrow	3
2:24.33	326	F	03/12/16	Boro Harrow Christmas Cracker County Qualifier	Barnet	Bo Of Harrow	3
2:24.92	322	H	24/09/16	BPSC Season Opener	Basildon	Bo Of Harrow	2
2:29.20	295	F	18/06/16	BHSC End of Season Open Meet 2016	Hendon	Bo Of Harrow	3
2:46.96	210	F	28/11/15	BHSC Christmas Cracker County Qualifier 2015	Barnet	Bo Of Harrow	3
2:48.17	206		11/10/15	Barnet Cophall SC 200 Meet	Barnet	Bo Of Harrow	3
2:57.08	176	F	28/06/15	BHSC End of Season Early County Qualifier	Hendon	Bo Of Harrow	3
3:10.99	140	F	28/09/14	Borough of Harrow Club Championships	Barnet	Bo Of Harrow	4
3:16.90	128		11/05/14	Barnet Cophall Kate Lack Trophy Meet	Hendon	Bo Of Harrow	3
3:19.68	123	F	22/06/14	Borough of Harrow End of Season Open Meet	Barnet	Bo Of Harrow	3
3:31.00	104	F	23/02/14	The Borough of Harrow John Basford Open Meet	London	Bo Of Harrow	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:08.11	466	F	01/12/19	BHSC Christmas Cracker Meet 2019	Barnet	Bo Of Harrow	3
2:16.73	383	F	29/09/19	BHSC Club Championships 2019	Barnet	Bo Of Harrow	4
2:14.10	406	F	01/10/18	Borough of Harrow Club Championships 2018	Barnet	Bo Of Harrow	4
2:17.58	376	F	02/12/17	BHSC Christmas Cracker County Qualifier 2017	Hendon	Bo Of Harrow	3
2:17.22	379	H	30/09/17	BPSC Season Opener 2017	Basildon	Bo Of Harrow	3
2:15.14	397	F	24/06/17	Borough of Harrow Club Championships	Hendon	Bo Of Harrow	4

2:20.32	355	F	05/03/17	BHSC Regional Qualifier Meet 2017	Barnet	Bo Of Harrow	3
2:24.33	326	F	03/12/16	Boro Harrow Christmas Cracker County Qualifier	Barnet	Bo Of Harrow	3
2:24.92	322	H	24/09/16	BPSC Season Opener	Basildon	Bo Of Harrow	2
2:29.20	295	F	18/06/16	BHSC End of Season Open Meet 2016	Hendon	Bo Of Harrow	3
2:46.96	210	F	28/11/15	BHSC Christmas Cracker County Qualifier 2015	Barnet	Bo Of Harrow	3
2:48.17	206		11/10/15	Barnet Cophall SC 200 Meet	Barnet	Bo Of Harrow	3
2:57.08	176	F	28/06/15	BHSC End of Season Early County Qualifier	Hendon	Bo Of Harrow	3
3:10.99	140	F	28/09/14	Borough of Harrow Club Championships	Barnet	Bo Of Harrow	4
3:19.68	123	F	22/06/14	Borough of Harrow End of Season Open Meet	Barnet	Bo Of Harrow	3
3:16.90	128		11/05/14	Barnet Cophall Kate Lack Trophy Meet	Hendon	Bo Of Harrow	3
3:31.00	104	F	23/02/14	The Borough of Harrow John Basford Open Meet	London	Bo Of Harrow	3