

Individual Best Times (All Time)

Marawan Abou-El-Rous - (754120) - Borough of Harrow S C - 100 Breaststroke - 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
1:23.78	287	F	01/10/18	Borough of Harrow Club Championships 2018	Barnet	Bo Of Harrow	4
1:24.14	283	F	29/09/19	BHSC Club Championships 2019	Barnet	Bo Of Harrow	4
1:28.09	247	F	24/06/17	Borough of Harrow Club Championships	Hendon	Bo Of Harrow	4
1:28.63	242	F	05/03/17	BHSC Regional Qualifier Meet 2017	Barnet	Bo Of Harrow	3
1:31.82	218	F	03/12/16	Boro Harrow Christmas Cracker County Qualifier	Barnet	Bo Of Harrow	3
1:43.79	151		04/10/15	Barnet Cophall SC 100 Meet	Barnet	Bo Of Harrow	3
1:45.04	145	F	28/11/15	BHSC Christmas Cracker County Qualifier 2015	Barnet	Bo Of Harrow	3
1:52.20	119	F	27/06/15	BHSC End of Season Early County Qualifier	Hendon	Bo Of Harrow	3
1:55.03	110	F	01/11/14	Ealing Level 3 Open Meet	Northolt	Bo Of Harrow	3
2:00.52	96	F	22/06/14	Borough of Harrow End of Season Open Meet	Barnet	Bo Of Harrow	3
2:03.13	90		11/05/14	Barnet Cophall Kate Lack Trophy Meet	Hendon	Bo Of Harrow	3
2:06.50	83	F	28/09/14	Borough of Harrow Club Championships	Barnet	Bo Of Harrow	4

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