

Individual Best Times (All Time)

Joseph Harouma - (802718) - Newham & University of East Lond - 50 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 |
|-------|--------|-------|----------|--|----------------|-----------------|-------|
| 28.30 | 361 | F | 01/11/15 | Newham & UEL Borough Champs 2015 | East Ham | Bo Newham | 4 |
| 28.67 | 347 | F | 24/02/17 | Newham & UEL Club Championships 2017 | East Ham LC | Bo Newham | 4 |
| 29.27 | 326 | F | 14/12/14 | Newham Borough Championships | London | Bo Newham | 4 |
| 29.30 | 325 | F | 24/03/19 | NUEL Non County Qualifier Spring Time Trial 2019 | East Ham | Bo Newham | 4 |
| 29.57 | 316 | H | 15/04/12 | Halstead 3rd Short Course Open Meet | Braintree | Bo Newham | 3 |
| 30.75 | 281 | F | 15/07/12 | Barking & Dagenham End of Season Meet | Dagenham | Bo Newham | 3 |
| 31.11 | 272 | H | 05/11/11 | Thurrock SC County Qualifier 2011 | Grays | Bo Newham | 3 |
| 33.12 | 225 | F | 03/10/10 | Redbridge Early Qualifier | Fullwell Cross | Bo Newham | 3 |
| 35.33 | 185 | | 18/07/10 | Waltham Forest End Season | Waltham Forest | Bo Newham | 4 |

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