Individual Best Times (All Time)

Joseph Harouma - (802718) - Newham & University of East Lond - 100 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 |
|---------|--------|-------|----------|---|----------------|-----------------|-------|
| 1:07.34 | 295 | F | 20/12/15 | LBRSC Last Chance County Qualifying Meet 2015 | Fullwell Cross | Bo Newham | 3 |
| 1:09.37 | 270 | F | 15/07/12 | Barking & Dagenham End of Season Meet | Dagenham | Bo Newham | 3 |
| 1:11.29 | 248 | Н | 06/11/11 | Thurrock SC County Qualifier 2011 | Grays | Bo Newham | 3 |
| 1:11.62 | 245 | Н | 22/04/11 | Southend on Sea Good Friday 100 Meet | Southend | Bo Newham | 3 |

Swims in Date Order

| Tir | me | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level | |
|-----|-------|--------|-------|----------|---|----------------|-----------------|-------|--|
| 1:0 | 07.34 | 295 | F | 20/12/15 | LBRSC Last Chance County Qualifying Meet 2015 | Fullwell Cross | Bo Newham | 3 | |
| 1:0 | 09.37 | 270 | F | 15/07/12 | Barking & Dagenham End of Season Meet | Dagenham | Bo Newham | 3 | |
| 1:1 | 11.29 | 248 | Н | 06/11/11 | Thurrock SC County Qualifier 2011 | Grays | Bo Newham | 3 | |
| 1:1 | 11.62 | 245 | Н | 22/04/11 | Southend on Sea Good Friday 100 Meet | Southend | Bo Newham | 3 | |

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