

# Individual Best Times (All Time)

Jack Abram - (896491) - City of Norwich SC - 200 Backstroke - 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
2:49.37	242	F	20/09/19	CONSC 2019 Club Championships	Norwich	Co Norwich	4
2:50.73	236	F	21/09/18	CoNSC Club Championships 2018	Norwich	Co Norwich	4
2:57.84	209	H	20/11/16	The Leicester Open	Braunstone	Co Norwich	2
2:57.85	209	H	29/01/17	Norfolk ASA County Championships 2017	Norfolk	Co Norwich	2
2:58.22	208	F	25/09/16	UEA City of Norwich Club Championships	Norwich	Co Norwich	4
3:03.15	191	H	20/02/16	Norfolk County Championships 2016	Thetford	Co Norwich	2
3:07.19	179	F	30/09/17	UEA Co Norwich Club Championships Main Events	Norwich	Co Norwich	4
3:12.26	165	H	07/03/15	Norfolk County Championships	Thetford		2
3:14.14	161	F	25/09/15	UEA City of Norwich Club Championships 2015	Norwich	Co Norwich	4
3:20.80	145	F	18/01/15	UEA City of Norwich January Resolution Meet	Norwich	Co Norwich	3
3:25.57	135	F	02/11/14	City of Norwich Big Bang Meet	Norwich	Co Norwich	2
3:29.19	128	F	27/09/14	City of Norwich SC Club Championships	Norwich	Co Norwich	4

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3:29.19

128

F

27/09/14

City of Norwich SC Club Championships

Norwich

Co Norwich

4