

Individual Best Times (All Time)

Jack Abram - (896491) - City of Norwich SC - 100 Individual Medley - 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
1:03.27	472	F	14/07/23	Co Norwich SC Club Championships 100IM 2023	Norwich		3
1:20.46	229	F	19/11/17	UEA Norwich November Short Course Open Meet	Norwich	Co Norwich	3
1:20.79	226	F	28/09/19	CONSC 2019 Club Champonships	Norwich	Co Norwich	3
1:22.20	215	F	29/09/18	CoNSC Club Championships 2018	Norwich	Co Norwich	4
1:23.80	203	F	30/10/16	UEA City of Norwich Halloween Screamer 2016	Norwich	Co Norwich	3
1:25.25	193	F	25/09/16	UEA City of Norwich Club Championships	Norwich	Co Norwich	4
1:27.49	178	H	21/01/17	Norfolk ASA County Championships 2017	Norfolk	Co Norwich	2
1:27.87	176	H	13/02/16	Norfolk County Championships 2016	Thetford	Co Norwich	2
1:30.90	159	F	30/09/17	UEA Co Norwich Club Championships Main Events	Norwich	Co Norwich	4
1:32.60	150	H	28/02/15	Norfolk County Championships	Thetford		2
1:36.38	133	F	18/04/15	Newmarket & District Seventh Open Meet	Newmarket	Co Norwich	3
1:37.06	130	F	18/01/15	UEA City of Norwich January Resolution Meet	Norwich	Co Norwich	3
1:38.69	124	F	25/09/15	UEA City of Norwich Club Championships 2015	Norwich	Co Norwich	4
1:40.86	116	F	27/09/14	City of Norwich SC Club Championships	Norwich	Co Norwich	4
1:58.70	71	F	28/09/13	UEA City of Norwich Club Championships	Norwich	Co Norwich	4
1:59.89	69	H	20/07/13	Norwich Swan Club Championships	Wymondham	Co Norwich	4

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