

Individual Best Times (All Time)

Jack Abram - (896491) - City of Norwich SC - 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
53.71	581	H	05/11/23	SE East Region Short Course Championships 2023	Luton	Co Norwich	2
54.06	570	F	19/11/22	City of Norwich L3 November SC Open Meet 2022	Norwich		3
54.26	564	F	14/10/23	National Arena Swimming League East Mids R1 2023	Norwich		2
54.86	546	H	06/11/22	SE East Region Short Course Championships 2022	Luton	Co Norwich	2
55.18	536	F	27/11/21	City of Norwich SC L3 November SC Open Meet 2021	Norwich		3
55.66	522	F	30/10/22	Teamipswich Swimming Club Spooktacular Open Meet	Ipswich		3
57.43	475	H	07/11/21	SE East Region Short Course Championships	Luton	Co Norwich	2
58.40	452	F	03/11/20	City of Norwich Swimming Club	Sportspark, UEA		0
59.34	431	F	24/06/21	2021 CONSC Level 4 Squad 100s Meet	Norwich		4
59.69	423	F	18/12/20	City of Norwich	Sportspark		0
1:03.42	353	F	16/11/19	City of Norwich 2019 November L3 Short Course Open	Norwich	Co Norwich	3
1:05.63	318	F	28/09/19	CONSC 2019 Club Championships	Norwich	Co Norwich	4
1:07.39	294	F	18/11/17	UEA Norwich November Short Course Open Meet	Norwich	Co Norwich	3
1:07.57	292	F	17/11/18	CoNSC NOVEMBER SHORT COURSE OPEN MEET 2018	NORWICH	Co Norwich	3
1:11.84	243	H	20/11/16	The Leicester Open	Braunstone	Co Norwich	2
1:13.06	231	F	25/09/16	UEA City of Norwich Club Championships	Norwich	Co Norwich	4
1:13.11	230	F	29/10/16	UEA City of Norwich Halloween Screamer 2016	Norwich	Co Norwich	3
1:15.50	209	H	21/11/15	The Leicester Open Meet	Leicester		2
1:15.65	208	F	29/09/18	CoNSC Club Championships 2018	Norwich	Co Norwich	4
1:15.84	206	F	21/02/16	Norfolk County Championships 2016	Thetford	Co Norwich	2
1:16.01	205	H	21/02/16	Norfolk County Championships 2016	Thetford	Co Norwich	2
1:16.50	201	H	28/01/17	Norfolk ASA County Championships 2017	Norfolk	Co Norwich	2
1:17.06	197	F	30/09/17	UEA Co Norwich Club Championships Main Events	Norwich	Co Norwich	4
1:17.77	191	F	08/03/15	Norfolk County Championships	Thetford		2
1:17.91	190	H	08/03/15	Norfolk County Championships	Thetford		2
1:23.53	154	F	25/09/15	UEA City of Norwich Club Championships 2015	Norwich	Co Norwich	4

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