

# Individual Best Times (All Time)

Abeer Ahmed - (1210218) - Black Lion SC

Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet                               | Venue      | License  | Level |
|-----------------------|---------|-----------------|-----------|----------|------------------------------------|------------|----------|-------|
| 50 Breaststroke       | 1:00.46 | 1:01.00         | 103       | 14/09/14 | Black Lion Club Championships 2014 | Gillingham | SE4636   | 4     |
| 100 Butterfly         | 2:06.59 | 2:07.20         | 77        | 07/02/15 | Medway ASA Championships 2015      | Gillingham | SE150195 | 4     |
| 50 Backstroke         | 52.40   | 52.80           | 111       | 02/11/14 | Black Lion Club Championships      | Gillingham | SE4637   | 4     |
| 100 Individual Medley | 1:47.84 | 1:47.80         | 143       | 09/05/15 | Medway ASA Championships 2015      | Gillingham | SE150197 | 4     |