

Individual Best Times (All Time)

Menaf Al Nasir - (828315) - Brompton SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.90	28.20	378	04/04/15	Basildon & Phoenix LC Easter Meet	Basildon	ER150042	1
50 Breaststroke	40.45	39.70	264	04/04/15	Basildon & Phoenix LC Easter Meet	Basildon	ER150042	1
100 Breaststroke	1:29.54	1:28.10	256	04/04/15	Basildon & Phoenix LC Easter Meet	Basildon	ER150042	1
50 Butterfly	38.36	37.90	195	12/05/12	Wycombe SC Annual Open Spring Meet	Handy Cross	SE2444	3
100 Butterfly	1:30.38	1:29.50	163	12/05/12	Wycombe SC Annual Open Spring Meet	Handy Cross	SE2444	3
50 Backstroke	33.30	32.70	353	04/04/15	Basildon & Phoenix LC Easter Meet	Basildon	ER150042	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.81	28.50	380	11/10/15	Hillingdon Autumn Short Course Meet 2015	Hillingdon	LR151546	3
100 Freestyle	1:04.85	1:06.10	330	27/02/16	Staines Black Swan B & C Grade Meet	Walton on Thames	SE160311	3
200 Freestyle	2:32.32	2:34.60	277	17/11/13	Middlesex ASA Winter Development Meet	Enfield	LR3964	3
50 Breaststroke	35.81	36.70	338	11/10/15	Hillingdon Autumn Short Course Meet 2015	Hillingdon	LR151546	3
100 Breaststroke	1:21.56	1:23.10	311	17/04/16	MCASA County Spring Development 2016	Enfield	LR160635	3
200 Breaststroke	3:02.83	3:05.70	283	18/10/14	Staines SC Black Swan Winter Meet	Elmbridge	SE4162	3
50 Butterfly	29.08	29.70	418	11/10/15	Hillingdon Autumn Short Course Meet 2015	Hillingdon	LR151546	3
100 Butterfly	1:09.32	1:10.40	327	09/07/16	Black Swan Summer Open Meet	Walton on Thames	SE161058	3
200 Butterfly	3:07.55	3:09.20	184	30/11/13	Brompton Mid Distance Championships	Fulham	LR31017	4
50 Backstroke	31.70	32.30	339	01/03/15	MCASA Spring Development Meet	Enfield	LR150433	3
100 Backstroke	1:11.33	1:12.40	311	12/11/16	NASL London	Harlow	ER162325	3
200 Backstroke	2:54.87	2:56.80	220	01/12/12	Brompton Middle Distance Meet	Fulham	LR2866	4
200 Individual Medley	2:39.02	2:41.50	327	19/10/14	Staines SC Black Swan Winter Meet	Elmbridge	SE4162	3
100 Individual Medley	1:12.93	1:12.90	308	01/03/15	MCASA Spring Development Meet	Enfield	LR150433	3