

Individual Best Times (All Time)

Karmand Abbas Kareem - (838923) - Kingston Upon Hull SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.48	28.80	356	12/05/12	Sports Aid Open Meet	Leeds	NE2224	1
100 Freestyle	1:06.00	1:04.70	357	12/05/12	Sports Aid Open Meet	Leeds	NE2224	1
200 Freestyle	2:36.35	2:34.10	277	21/01/12	Rotherham Metro A & B Grade Gala	Sheffield	NE2002	3
50 Breaststroke	40.21	39.40	268	28/02/16	Yorkshire County Championships	Sheffield	NE160070	1
100 Breaststroke	1:35.49	1:34.20	211	17/12/11	Sheffield City 23rd Annual B Grade Meet	Sheffield	NE1437	3
50 Butterfly	30.94	30.30	372	23/01/16	Rotherham Metro A&B Grade LC Meet	Sheffield	NE160160	3
100 Butterfly	1:14.19	1:13.20	296	11/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	EM4356	3
50 Backstroke	34.21	33.60	326	12/05/12	Sports Aid Open Meet	Leeds	NE2224	1
100 Backstroke	1:15.34	1:14.30	321	13/05/12	Sports Aid Open Meet	Leeds	NE2224	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.40	29.10	357	05/10/14	Kingston upon Hull Regional Qualifier	Hull	NE14140	3
100 Freestyle	1:03.05	1:04.40	359	07/04/13	Kingston Upon Hull Easter A B Meet	Hull	NE3326	3
200 Freestyle	2:20.30	2:22.80	355	21/04/12	Harrogate District Spa Town A B Grade Meet	Harrogate	NE2069	3
400 Freestyle	5:03.96	5:08.50	340	15/06/13	Kingston Upon Hull SC Club Championships	Hull	NE3075	4
800 Freestyle	10:48.85	10:57.70	319	20/09/13	Kingston Upon Hull SC Club Championships	Hull	NE3075	4
1500 Freestyle	20:57.62	21:13.90	305	01/02/13	Kingston Upon Hull SC Club Championships	Hull	NE3075	4
50 Breaststroke	38.36	39.20	275	06/07/14	Kingston Upon Hull SC End of Season SC Meet	Hull	NE4688	3
100 Breaststroke	1:25.93	1:27.40	266	07/11/15	Kingston upon Hull Club Championships 2015	Hull	NE150135	4
200 Breaststroke	3:07.69	3:10.50	262	06/10/13	Kingston upon Hull Regional Qualifier Meet	Kingston upon Hull	NE3826	3
50 Butterfly	30.71	31.30	355	04/04/15	Kingston upon Hull A B Meet	Hull	NE150397	3
100 Butterfly	1:09.64	1:10.70	322	12/10/13	Yorkshire Winter Competition	Sheffield	NE3973	2
200 Butterfly	2:51.57	2:53.40	241	15/06/13	Kingston Upon Hull SC Club Championships	Hull	NE3075	4
50 Backstroke	32.56	33.20	313	14/11/15	BUCS Short Course Championships	Sheffield	NE151867	2
100 Backstroke	1:11.25	1:12.40	312	06/07/14	Kingston Upon Hull SC End of Season SC Meet	Hull	NE4688	3
200 Backstroke	2:38.72	2:40.80	294	06/07/13	Kingston upon Hull End of Season Meet	Kingston upon Hull	NE3540	3
200 Individual Medley	2:37.18	2:39.70	339	06/07/14	Kingston Upon Hull SC End of Season SC Meet	Hull	NE4688	3
400 Individual Medley	5:41.00	5:46.10	326	09/03/13	Kingston Upon Hull SC Club Championships	Hull	NE3075	4
100 Individual Medley	1:13.71	1:13.70	298	21/04/13	Doncaster Dartes SC Minster Meet 2013	Beverley	NE3414	3