

Individual Best Times (All Time)

Eleanor Aboutorab - (904869) - Nottingham Leander SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.50	30.80	421	04/02/17	Nottingham ASA County Championships 2017	Nottingham	EM170341	1
100 Freestyle	1:07.49	1:06.20	449	05/03/17	Nova Centurion March Sprint Meet 2017	Nottingham	EM170410	3
200 Freestyle	2:26.19	2:23.80	459	05/02/17	Nottingham ASA County Championships 2017	Nottingham	EM170341	1
400 Freestyle	5:03.24	4:58.60	467	21/01/17	Nottingham ASA County Championships 2017	Nottingham	EM170340	1
800 Freestyle	10:30.83	10:21.60	453	31/03/17	Stockport Metro Qualifying Window Meet	Stockport	NW170111	1
50 Breaststroke	44.45	43.70	282	13/03/16	City of Sheffield March Madness Meet	Sheffield	NE160333	3
100 Breaststroke	1:30.04	1:28.60	361	21/01/17	Nottingham ASA County Championships 2017	Nottingham	EM170340	1
200 Breaststroke	3:07.25	3:04.40	396	22/01/17	Nottingham ASA County Championships 2017	Nottingham	EM170340	1
50 Butterfly	33.65	33.10	382	05/03/17	Nova Centurion March Sprint Meet 2017	Nottingham	EM170410	3
100 Butterfly	1:12.91	1:11.90	440	04/02/17	Nottingham ASA County Championships 2017	Nottingham	EM170341	1
200 Butterfly	2:41.87	2:39.90	426	02/04/17	Stockport Metro Qualifying Window Meet	Stockport	NW170111	1
50 Backstroke	37.06	36.50	380	05/03/17	Nova Centurion March Sprint Meet 2017	Nottingham	EM170410	3
100 Backstroke	1:19.02	1:18.00	381	05/03/17	Nova Centurion March Sprint Meet 2017	Nottingham	EM170410	3
200 Backstroke	2:43.59	2:41.50	426	08/07/17	Northampton 2017 Long Course Summer Festival	Corby	EM170339	3
200 Individual Medley	2:41.97	2:39.50	472	22/01/17	Nottingham ASA County Championships 2017	Nottingham	EM170340	1
400 Individual Medley	5:38.73	5:33.50	483	04/02/17	Nottingham ASA County Championships 2017	Nottingham	EM170341	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.56	32.20	383	09/04/17	The 2017 Leicester Age Group Meet	Braunstone	EM170639	3
100 Freestyle	1:07.84	1:09.10	406	18/12/16	Nottinghamshire ASA Festive Frenzy Gala 2016	Nottingham	EM161991	3
200 Freestyle	2:22.58	2:25.00	463	17/12/16	Nottinghamshire ASA Festive Frenzy Gala 2016	Nottingham	EM161991	3
400 Freestyle	4:58.68	5:03.30	464	18/12/16	Nottinghamshire ASA Festive Frenzy Gala 2016	Nottingham	EM161991	3
800 Freestyle	10:08.64	10:18.10	482	04/12/16	Nova Centurion Internal Race Meet 2016	Nottingham	EM162224	4
50 Breaststroke	42.54	43.30	296	19/11/16	Nottingham Leander Club Championships	Nottingham	EM161872	4
100 Breaststroke	1:27.45	1:28.90	362	08/04/17	The 2017 Leicester Age Group Meet	Braunstone	EM170639	3
200 Breaststroke	3:02.10	3:05.00	403	09/04/17	The 2017 Leicester Age Group Meet	Braunstone	EM170639	3
50 Butterfly	33.95	34.50	370	08/07/18	Tony Holmes Sprint Meet	Hucknall	EM180493	3
100 Butterfly	1:13.48	1:14.50	397	12/03/17	The Ernehale Open Meet	Nottingham	EM170115	3
200 Butterfly	2:38.25	2:40.20	431	19/11/16	Nottingham Leander Club Championships	Nottingham	EM161872	4
50 Backstroke	37.31	37.80	309	02/12/17	Nottingham Leander Club Championships	Hucknall	EM172313	4
100 Backstroke	1:16.21	1:17.30	373	14/07/18	Nottinghamshire ASA Summer Gala 2018	Nottingham	EM180188	3
200 Backstroke	2:42.92	2:45.00	389	17/12/16	Nottinghamshire ASA Festive Frenzy Gala 2016	Nottingham	EM161991	3
200 Individual Medley	2:37.00	2:39.50	467	12/03/17	The Ernehale Open Meet	Nottingham	EM170115	3
400 Individual Medley	5:28.17	5:33.50	491	04/12/16	Nova Centurion Internal Race Meet 2016	Nottingham	EM162224	4
100 Individual Medley	1:17.73	1:17.70	384	29/10/17	Nottingham Leander Club Championships	Hucknall	EM172310	4