

Individual Best Times (All Time)

Ahmad Aroos - (1140795) - Staines Swimming Club

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	49.40	49.80	67	02/02/20	Staines Development Meet	Staines	SE200356	3
100 Freestyle	1:55.39	1:56.10	58	31/10/20	Staines Swimming club	Spelthorne Leisure c	LEX070	0
50 Breaststroke	1:08.60	1:09.10	48	03/11/20	Staines Swimming Club	Spelthorne Leisure	LEX529	0
100 Breaststroke	2:24.45	2:25.30	56	04/11/20	Staines SC	Spelthorne Leisure C	LEX530	0
50 Butterfly	1:04.69	1:05.00	38	31/10/20	Staines Swimming club	Spelthorne Leisure c	LEX070	0
100 Butterfly	2:29.84	2:30.30	32	04/11/20	Staines SC	Spelthorne Leisure C	LEX530	0
50 Backstroke	52.93	53.30	72	04/11/20	Staines SC	Spelthorne Leisure C	LEX530	0
100 Backstroke	1:53.26	1:54.00	77	03/11/20	Staines Swimming Club	Spelthorne Leisure	LEX529	0
100 Individual Medley	2:06.84	2:06.80	58	30/10/20	Staines SC	Spelthorne LC	LEX206	0