

Individual Best Times (All Time)

Ilyas Ahmed - (1234814) - Hackney Aquatics Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.00	26.20	464	21/04/19	Beckenham Easter International Open 2019	London	LR190200	1
100 Freestyle	57.98	56.50	527	12/01/20	City of Derby Eighteenth LC L1 Open Meet 2020	Sheffield	EM200101	1
200 Freestyle	2:07.26	2:04.50	514	11/01/20	City of Derby Eighteenth LC L1 Open Meet 2020	Sheffield	EM200101	1
400 Freestyle	4:28.92	4:23.70	548	11/01/20	City of Derby Eighteenth LC L1 Open Meet 2020	Sheffield	EM200101	1
50 Breaststroke	37.81	37.00	323	07/01/18	BWFSC L3 New Year Meet 2018	London	LR180217	3
100 Breaststroke	1:27.82	1:26.40	271	07/01/18	BWFSC L3 New Year Meet 2018	London	LR180217	3
50 Butterfly	28.30	27.60	487	07/07/19	BWFSC Summer Meet Level 3	London	LR191885	3
100 Butterfly	1:01.26	1:00.00	525	16/02/20	The 2020 Middlesex County Championships	London	LR200153	1
200 Butterfly	2:21.62	2:19.40	472	03/08/18	Swim Wales Summer Nationals	Swansea	WL180091	1
50 Backstroke	29.46	28.80	510	13/01/19	City of Derby 17th Long Course Level 1 Open Meet	Sheffield	EM190118	1
100 Backstroke	1:00.99	59.70	605	03/08/19	Swim England National Summer Meet	Sheffield	ENG014	1
200 Backstroke	2:14.38	2:11.90	577	04/08/19	Swim England National Summer Meet	Sheffield	ENG014	1
200 Individual Medley	2:22.19	2:19.40	515	02/08/18	Swim Wales Summer Nationals	Swansea	WL180091	1
400 Individual Medley	5:07.46	5:01.70	490	29/06/19	Team Bath AS Pre-National Summer Special	Hengrove LC	SW191735	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.70	26.50	482	07/03/20	Hillingdon 4th Maurice and Daphne Short Memorial	Hillingdon	LR200173	3
100 Freestyle	55.23	56.70	535	07/03/20	Hillingdon 4th Maurice and Daphne Short Memorial	Hillingdon	LR200173	3
200 Freestyle	2:05.03	2:07.80	502	15/07/18	Summer at Dagenham	Dagenham	LR180251	3
400 Freestyle	4:24.11	4:29.40	519	28/09/19	BPSC Season Opener 2019	Basildon	ER191860	3
1500 Freestyle	18:08.52	18:27.30	470	25/11/18	Hackney Aquatics Club Championships	London	LR182024	4
50 Breaststroke	34.97	35.90	363	07/03/20	Hillingdon 4th Maurice and Daphne Short Memorial	Hillingdon	LR200173	3
100 Breaststroke	1:18.51	1:20.10	349	17/11/19	Hackney Aquatics Club Championships 2019	London	LR193031	4
200 Breaststroke	2:53.31	2:56.30	333	14/07/18	Summer at Dagenham	Dagenham	LR180251	3
50 Butterfly	27.47	28.10	496	02/11/19	2019 London Region Winter Championships	London	LR192817	2
100 Butterfly	1:00.95	1:02.20	481	14/12/19	NASL London Round 3	Inspire, Luton	ER192873	2
200 Butterfly	2:16.86	2:19.10	475	01/12/19	BHSC Christmas Cracker Meet 2019	Barnet	LR191395	3
50 Backstroke	28.52	29.20	465	03/11/19	2019 London Region Winter Championships	London	LR192817	2
100 Backstroke	1:00.12	1:01.40	519	02/11/19	2019 London Region Winter Championships	London	LR192817	2
200 Backstroke	2:12.13	2:14.60	510	03/11/19	2019 London Region Winter Championships	London	LR192817	2
200 Individual Medley	2:22.75	2:25.50	452	30/11/19	BHSC Christmas Cracker Meet 2019	Barnet	LR191395	3
400 Individual Medley	5:05.42	5:11.10	454	15/07/18	Summer at Dagenham	Dagenham	LR180251	3
100 Individual Medley	1:10.84	1:10.80	336	03/12/17	BHSC Christmas Cracker County Qualifier 2017	Hendon	LR170924	3