

Individual Best Times (All Time)

Aoife Melady Abraham - (1260757) - Greenwich Royals SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.14	35.70	277	28/11/17	Greenwich Royals Club Championships 2017	London	LR172353	4
100 Freestyle	1:17.70	1:18.80	270	27/11/18	Greenwich Royals Club Championships 2018	London	LR181582	4
200 Freestyle	3:03.47	3:05.40	217	24/11/17	Greenwich Royals Club Championships 2017	London	LR172352	4
400 Freestyle	6:36.02	6:39.60	199	03/07/18	Greenwich Royals Club Championships 2018	London	LR181578	4
50 Breaststroke	49.46	50.10	188	04/03/18	OOJS EDSC Spring Charity Meet	Bexleyheath	LR180253	3
100 Breaststroke	1:47.84	1:49.00	193	06/11/18	Greenwich Royals Club Championships 2018	London	LR181579	4
200 Breaststroke	3:54.92	3:57.20	187	13/11/18	Greenwich Royals Club Championships 2018	London	LR181580	4
50 Butterfly	42.16	42.60	193	16/06/19	HAC Summer Invitational Development Meet	London	LR191933	4
100 Butterfly	1:47.19	1:47.90	128	16/06/19	HAC Summer Invitational Development Meet	London	LR191933	4
50 Backstroke	42.28	42.80	212	04/03/18	OOJS EDSC Spring Charity Meet	Bexleyheath	LR180253	3
100 Backstroke	1:31.43	1:32.30	216	04/12/18	Greenwich Royals Club Championships 2018	London	LR181583	4
200 Backstroke	3:24.82	3:26.40	195	06/11/18	Greenwich Royals Club Championships 2018	London	LR181579	4
200 Individual Medley	3:25.81	3:27.70	207	04/12/18	Greenwich Royals Club Championships 2018	London	LR181583	4
100 Individual Medley	1:32.34	1:32.30	229	21/11/17	Greenwich Royals Club Championships 2017	London	LR172351	4