

Individual Best Times (All Time)

Yousif Ahmad - (1346453) - Borough of Harrow S C

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.87	30.20	310	27/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.51	30.20	318	02/12/18	BHSC Christmas Cracker	Hendon	LR180252	3
100 Freestyle	1:07.01	1:08.20	299	16/03/19	BHSC Regional Qualifier Meet 2019	Barnet	LR191252	3
50 Butterfly	34.95	35.50	241	02/12/18	BHSC Christmas Cracker	Hendon	LR180252	3
50 Backstroke	40.08	40.60	167	29/09/18	Borough of Harrow Club Championships 2018	Barnet	LR182152	4
100 Individual Medley	1:27.37	1:27.40	179	03/12/17	BHSC Christmas Cracker County Qualifier 2017	Hendon	LR170924	3