

Individual Best Times (All Time)

Sunjay Ahluwalia - (1359700) - Hillingdon Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:12.74	1:11.60	267	08/01/23	Borough of Waltham Forest SC Gators L3 Gala 2023	London	LR230111	3
100 Butterfly	1:31.85	1:31.00	156	08/01/23	Borough of Waltham Forest SC Gators L3 Gala 2023	London	LR230111	3
200 Individual Medley	3:07.06	3:04.90	226	08/01/23	Borough of Waltham Forest SC Gators L3 Gala 2023	London	LR230111	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.26	32.90	244	04/12/22	Borough of Harrow Christmas Cracker Meet 2022	Hendon	LR221496	3
100 Freestyle	1:08.10	1:09.30	285	15/10/23	Hillingdon SC Club Champs 2023	Hillingdon	LR231307	4
200 Freestyle	2:29.59	2:31.90	293	03/06/23	Hillingdon SC Club Champs 2023	Hillingdon	LR231304	4
50 Breaststroke	44.64	45.30	174	16/10/22	Hillingdon SC Main Club Championships 2022	Hillingdon	LR221954	4
100 Breaststroke	1:28.29	1:29.70	245	15/10/23	Hillingdon SC Club Champs 2023	Hillingdon	LR231307	4
200 Breaststroke	3:19.09	3:21.70	219	04/12/22	Borough of Harrow Christmas Cracker Meet 2022	Hendon	LR221496	3
50 Butterfly	37.73	38.20	191	16/10/22	Hillingdon SC Main Club Championships 2022	Hillingdon	LR221954	4
100 Butterfly	1:24.39	1:25.30	181	03/06/23	Hillingdon SC Club Champs 2023	Hillingdon	LR231304	4
50 Backstroke	39.09	39.60	180	16/10/22	Hillingdon SC Main Club Championships 2022	Hillingdon	LR221954	4
100 Backstroke	1:20.94	1:21.90	212	15/10/23	Hillingdon SC Club Champs 2023	Hillingdon	LR231307	4
200 Backstroke	3:58.93	4:00.30	86	05/05/19	Hillingdon Club Championships 2019	Northwood	LR191495	4
200 Individual Medley	2:55.84	2:58.10	242	15/10/23	Hillingdon SC Club Champs 2023	Hillingdon	LR231307	4