

Individual Best Times (All Time)

Miriam Moukdad - (1371867) - Bishops Stortford SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.01	30.30	441	08/04/23	City of Norwich Easter Meet 2023	Norwich	ER230119	1
100 Freestyle	1:06.35	1:05.10	473	29/03/24	City of Norwich Easter Meet 2024	Norwich	ER240267	1
200 Freestyle	2:20.25	2:17.80	520	31/03/24	City of Norwich Easter Meet 2024	Norwich	ER240267	1
400 Freestyle	4:51.50	4:46.60	526	20/04/24	Swim England East Region LC Championships 2024	Luton	ER240236	1
800 Freestyle	10:01.94	9:52.30	522	29/03/24	City of Norwich Easter Meet 2024	Norwich	ER240267	1
50 Breaststroke	36.27	35.40	519	17/03/24	Team Luton March Long Course Meet 2024	Luton	ER240270	1
100 Breaststroke	1:21.50	1:19.90	487	12/03/23	Putteridge SC Spring LC National Qualifier 2023	Luton	ER230013	1
200 Breaststroke	3:02.94	3:00.00	425	11/03/23	Putteridge SC Spring LC National Qualifier 2023	Luton	ER230013	1
50 Butterfly	33.09	32.50	402	30/03/24	City of Norwich Easter Meet 2024	Norwich	ER240267	1
200 Individual Medley	2:43.09	2:40.70	462	17/03/24	Team Luton March Long Course Meet 2024	Luton	ER240270	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.64	30.30	462	15/10/22	Cambridge Grand Prix	Cambridge	ER221406	2
100 Freestyle	1:03.98	1:05.30	484	02/03/24	Watford SC Regional Qualifier 2024	Watford	ER240120	3
200 Freestyle	2:14.80	2:17.40	547	03/03/24	Watford SC Regional Qualifier 2024	Watford	ER240120	3
400 Freestyle	4:43.83	4:48.70	541	03/03/24	Watford SC Regional Qualifier 2024	Watford	ER240120	3
800 Freestyle	9:41.64	9:51.50	553	13/01/24	SE Hertfordshire County Championships 2024	St Albans	ER240099	2
50 Breaststroke	35.78	36.60	498	05/11/23	SE East Region Short Course Championships 2023	Luton	ER231769	2
100 Breaststroke	1:19.31	1:20.90	486	26/11/22	Braintree & Dunmow Atlantis Christmas Cracker 2022	Braintree	ER221818	3
200 Breaststroke	2:52.78	2:55.80	472	26/11/22	Braintree & Dunmow Atlantis Christmas Cracker 2022	Braintree	ER221818	3
50 Butterfly	33.04	33.60	401	27/11/22	Braintree & Dunmow Atlantis Christmas Cracker 2022	Braintree	ER221818	3
50 Backstroke	36.19	36.70	339	17/12/22	Harlow Penguins County Age Group Qualifying Meet	Harlow	ER221785	3
100 Backstroke	1:29.72	1:30.60	228	06/04/19	Sudbury & District Robin Deal Memorial Meet 2019	Sudbury	ER190029	3
200 Individual Medley	2:39.29	2:41.70	447	02/03/24	Watford SC Regional Qualifier 2024	Watford	ER240120	3
100 Individual Medley	1:13.21	1:13.20	459	21/01/24	SE Hertfordshire County Championships 2024	Borehamwood	ER240100	2