

Individual Best Times (All Time)

Zahra Awan - (1404263) - Enfield Swim Squad

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.85	30.20	448	27/01/24	2024 Middlesex County Championships	London	LR240186	1
100 Freestyle	1:12.64	1:11.50	360	09/03/24	Putteridge SC Spring LC National Qualifier 2024	Luton	ER240200	1
50 Breaststroke	42.37	41.60	325	16/12/23	Northampton SC Winter Festival 2023	Corby	EM232024	1
50 Backstroke	34.74	34.20	462	27/04/24	SE London Region Summer Championships 2024	London	LR240710	1
100 Backstroke	1:16.65	1:15.60	418	10/03/24	Putteridge SC Spring LC National Qualifier 2024	Luton	ER240200	1
200 Backstroke	2:57.44	2:55.50	334	09/03/24	Putteridge SC Spring LC National Qualifier 2024	Luton	ER240200	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.83	31.50	411	16/03/24	Enfield SS Regional Qualifier Open Meet 2024	Enfield	LR240293	3
100 Freestyle	1:09.52	1:10.70	377	25/11/23	Enfield SS County Qualifier Open Meet 2023	Enfield	LR231603	3
200 Freestyle	2:45.20	2:47.30	297	22/01/23	Romford Town SC Non-County Qualifiers Meet 2023	Romford	LR230149	3
400 Freestyle	5:44.65	5:48.70	302	21/10/23	Middlesex County Development Open Series 1 2023	Southbury Road LC	LR231220	3
800 Freestyle	13:07.83	13:15.20	222	08/05/22	MCASA Middlesex May Open	Southbury Road	LR220805	3
50 Breaststroke	40.88	41.60	334	26/11/23	Enfield SS County Qualifier Open Meet 2023	Enfield	LR231603	3
100 Breaststroke	1:32.51	1:33.90	306	26/11/23	Enfield SS County Qualifier Open Meet 2023	Enfield	LR231603	3
200 Breaststroke	3:32.88	3:35.40	252	21/01/23	Romford Town SC Non-County Qualifiers Meet 2023	Romford	LR230149	3
50 Butterfly	38.03	38.50	263	07/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	ER240561	3
50 Backstroke	33.30	33.90	435	17/03/24	Enfield SS Regional Qualifier Open Meet 2024	Enfield	LR240293	3
100 Backstroke	1:13.94	1:15.00	409	16/03/24	Enfield SS Regional Qualifier Open Meet 2024	Enfield	LR240293	3
200 Backstroke	2:47.28	2:49.30	359	06/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	ER240561	3
200 Individual Medley	2:58.44	3:00.60	318	16/03/24	Enfield SS Regional Qualifier Open Meet 2024	Enfield	LR240293	3