

Individual Best Times (All Time)

Inas Arafa - (1479135) - Maxwell SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	34.17	33.60	329	06/03/22	City of Sheffield Swim Squad March Madness Meet 22	Sheffield	NE220035	3
100 Freestyle	1:14.93	1:13.80	328	17/07/22	City of Bristol Summer Festival	Hengrove	SW220765	3
200 Freestyle	2:43.94	2:41.80	326	16/07/22	City of Bristol Summer Festival	Hengrove	SW220765	3
50 Breaststroke	48.39	47.70	218	06/03/22	City of Sheffield Swim Squad March Madness Meet 22	Sheffield	NE220035	3
100 Breaststroke	1:43.31	1:42.10	239	05/02/22	Warwickshire Swimming Championships	Coventry	WM220017	1
50 Butterfly	36.28	35.80	305	22/01/23	Warwickshire Swimming Championships 2023	Coventry	WM230052	1
50 Backstroke	37.53	37.00	366	21/01/23	Warwickshire Swimming Championships 2023	Coventry	WM230052	1
100 Backstroke	1:24.89	1:23.90	308	22/01/22	Warwickshire Swimming Championships	Coventry	WM220016	1
200 Backstroke	3:00.01	2:58.10	320	04/02/23	Warwickshire Swimming Championships 2023	Coventry	WM230053	1
200 Individual Medley	3:00.79	2:58.60	339	17/07/22	City of Bristol Summer Festival	Hengrove	SW220765	3
400 Individual Medley	6:33.22	6:28.70	309	16/07/22	City of Bristol Summer Festival	Hengrove	SW220765	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.89	33.50	338	18/06/23	City of Birmingham Summer Open Meet 2023	Birmingham	WM230448	3
100 Freestyle	1:13.24	1:14.40	322	11/06/22	City of Birmingham Summer Open Meet	Birmingham	WM220190	3
200 Freestyle	2:39.67	2:41.80	329	27/03/22	Leicester Sharks Competitive Regional Qualifier 22	Nuneaton	EM220151	3
400 Freestyle	5:44.18	5:48.20	303	21/06/23	Orion Long Distance Club Championships 2023	Birmingham	WM231293	4
800 Freestyle	11:30.43	11:38.80	330	18/05/22	Orion SC Long Distance Club Championship	Birmingham	WM221093	4
50 Breaststroke	45.31	46.00	245	11/06/22	City of Birmingham Summer Open Meet	Birmingham	WM220190	3
100 Breaststroke	1:38.62	1:39.90	252	27/03/22	Leicester Sharks Competitive Regional Qualifier 22	Nuneaton	EM220151	3
200 Breaststroke	3:33.22	3:35.70	251	11/06/22	City of Birmingham Summer Open Meet	Birmingham	WM220190	3
50 Butterfly	36.16	36.70	306	18/03/23	City of Coventry John Hughes Open Meet 2023	Coventry	WM230168	3
100 Butterfly	1:23.83	1:24.70	268	11/06/22	City of Birmingham Summer Open Meet	Birmingham	WM220190	3
200 Butterfly	3:07.77	3:09.40	258	12/06/22	City of Birmingham Summer Open Meet	Birmingham	WM220190	3
50 Backstroke	36.73	37.30	324	06/11/22	Orion & University of Birmingham Club Champs 2022	Birmingham	WM222110	4
100 Backstroke	1:20.56	1:21.60	316	27/03/22	Leicester Sharks Competitive Regional Qualifier 22	Nuneaton	EM220151	3
200 Backstroke	2:53.36	2:55.30	322	26/03/22	Leicester Sharks Competitive Regional Qualifier 22	Nuneaton	EM220151	3
200 Individual Medley	2:56.95	2:59.20	326	16/10/22	City of Birmingham Winter Open Meet	Birmingham	WM221390	2
400 Individual Medley	6:19.75	6:24.40	317	11/05/22	Orion SC Long Distance Club Championship	Birmingham	WM221092	4
100 Individual Medley	1:22.90	1:22.90	316	11/06/22	City of Birmingham Summer Open Meet	Birmingham	WM220190	3