

Individual Best Times (All Time)

Mariam Ahmed - (753913) - Borough of Harrow S C

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.97	33.60	336	19/01/14	Watford County Qualifier Open Meet	Watford	ER4172	3
100 Freestyle	1:10.77	1:11.90	357	02/11/13	The Borough of Harrow Club Championships	Barnet	LR3804	4
200 Freestyle	2:33.35	2:35.60	372	03/11/13	The Borough of Harrow Club Championships	Barnet	LR3804	4
400 Freestyle	5:33.40	5:37.60	333	02/11/13	The Borough of Harrow Club Championships	Barnet	LR3804	4
800 Freestyle	12:01.41	12:09.40	289	16/09/12	Borough of Harrow SC Club Championships	Harrow	LR2397	4
50 Breaststroke	46.27	46.90	230	16/06/13	Borough of Harrow SC End of Season Open Meet	Barnet	LR3187	3
100 Breaststroke	1:43.47	1:44.70	218	05/01/13	Borough of Harrow County Time Trials	Harrow	LR3124	4
50 Butterfly	39.77	40.20	230	16/12/12	Borough of Harrow SC Christmas Cracker	London	LR2398	3
100 Butterfly	1:30.61	1:31.40	212	16/06/13	Borough of Harrow SC End of Season Open Meet	Barnet	LR3187	3
50 Backstroke	37.02	37.60	317	19/01/14	Watford County Qualifier Open Meet	Watford	ER4172	3
100 Backstroke	1:20.27	1:21.30	319	02/11/13	The Borough of Harrow Club Championships	Barnet	LR3804	4
200 Backstroke	2:47.96	2:49.90	355	16/06/13	Borough of Harrow SC End of Season Open Meet	Barnet	LR3187	3
200 Individual Medley	3:04.65	3:06.80	287	05/01/13	Borough of Harrow County Time Trials	Harrow	LR3124	4
400 Individual Medley	6:18.74	6:23.40	319	03/11/13	The Borough of Harrow Club Championships	Barnet	LR3804	4
100 Individual Medley	1:24.35	1:24.30	300	02/02/13	Ealing L3 Open Meet	Northolt	LR3044	3