

Individual Best Times (All Time)

Ella Ahmed - (955215) - Soundwell SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.48	32.80	350	20/01/19	Gloucester County ASA Championships	Hengrove Pool	SW190227	1
100 Freestyle	1:34.15	1:33.30	165	09/07/16	City of Bristol Summer Festival Open Meet	Bristol	SW160681	3
50 Breaststroke	51.66	51.00	179	10/07/16	City of Bristol Summer Festival Open Meet	Bristol	SW160681	3
100 Breaststroke	1:50.45	1:49.30	195	10/07/16	City of Bristol Summer Festival Open Meet	Bristol	SW160681	3
50 Backstroke	38.61	38.10	336	19/11/17	Team Bath AS Autumn Level 1 & Level 3 Open Meet	Hengrove	SW171275	3
100 Backstroke	1:22.49	1:21.50	335	15/07/18	City of Bristol Summer Festival	Hengrove LC	SW181401	3
200 Backstroke	3:57.30	3:55.90	139	31/10/15	City of Bristol SC Level 3 Open Meet	Hengrove	SW151421	3
200 Individual Medley	3:11.79	3:09.70	284	19/11/17	Team Bath AS Autumn Level 1 & Level 3 Open Meet	Hengrove	SW171275	3
400 Individual Medley	6:44.90	6:40.50	283	15/07/18	City of Bristol Summer Festival	Hengrove LC	SW181401	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.18	32.80	361	21/04/18	Yeovil & District Spring Fling 2018 Open Meet	Millfield	SW180117	3
100 Freestyle	1:10.86	1:12.00	356	22/04/18	Yeovil & District Spring Fling 2018 Open Meet	Millfield	SW180117	3
50 Breaststroke	44.40	45.10	260	22/04/18	Yeovil & District Spring Fling 2018 Open Meet	Millfield	SW180117	3
100 Breaststroke	1:37.09	1:38.40	264	02/12/17	Soundwell County Qualifier Open Meet 2017	Gloucester	SW171514	3
200 Breaststroke	3:28.93	3:31.40	267	03/12/17	Soundwell County Qualifier Open Meet 2017	Gloucester	SW171514	3
50 Butterfly	36.27	36.80	303	01/12/18	Soundwell County Qualifier Open Meet 2018	Gloucester	SW181828	3
100 Butterfly	1:29.63	1:30.50	219	21/04/18	Yeovil & District Spring Fling 2018 Open Meet	Millfield	SW180117	3
50 Backstroke	36.70	37.20	325	24/01/18	Gloucester County Championships	Gloucester	SW180286	2
100 Backstroke	1:19.37	1:20.40	330	22/01/18	Gloucester County Championships	Gloucester	SW180285	2
200 Backstroke	2:49.29	2:51.30	346	25/01/18	Gloucester County Championships	Gloucester	SW180286	2
200 Individual Medley	3:01.78	3:03.90	301	22/04/18	Yeovil & District Spring Fling 2018 Open Meet	Millfield	SW180117	3
400 Individual Medley	6:56.89	7:01.10	239	07/10/17	Gloucester Autumn Meet	Gloucester	SW171769	3
100 Individual Medley	1:20.79	1:20.80	342	22/04/18	Yeovil & District Spring Fling 2018 Open Meet	Millfield	SW180117	3