

Individual Best Times (Last 12 Months)

Bianca Jamal - (1299216) - Camden Swiss Cottage SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.90	28.20	545	21/01/24	Derby Excel New Year Meet 2024	Sheffield	EM240047	1
100 Freestyle	1:02.00	1:00.60	580	25/07/23	British Summer Championships	Sheffield	BSW025	1
200 Freestyle	2:19.78	2:17.30	526	21/01/24	Derby Excel New Year Meet 2024	Sheffield	EM240047	1
50 Butterfly	31.84	31.20	451	24/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
50 Backstroke	32.67	32.10	555	20/01/24	Derby Excel New Year Meet 2024	Sheffield	EM240047	1
100 Backstroke	1:11.19	1:10.10	522	02/03/24	The National Arena Swim League B Final & Cup Final	Cardiff	WL240497	1
200 Backstroke	2:39.39	2:37.30	461	21/01/24	Derby Excel New Year Meet 2024	Sheffield	EM240047	1
200 Individual Medley	2:36.00	2:33.50	528	21/01/24	Derby Excel New Year Meet 2024	Sheffield	EM240047	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.31	29.00	531	05/11/23	SE London Winter Championships 2023	Stratford	LR231947	2
100 Freestyle	1:00.83	1:02.20	563	11/11/23	National Arena Swimming League - London 2023	Luton	ER231465	2
200 Freestyle	2:12.87	2:15.50	572	16/12/23	Hillingdon Swimming Club Winter Open Meet 2023	Hillingdon	LR231950	3
400 Freestyle	4:43.61	4:48.50	542	09/06/23	Camden Swiss Cottage SC Club Championships 2023	Swiss Cottage LC	LR231176	4
50 Breaststroke	36.59	37.40	466	11/06/23	Camden Swiss Cottage SC Club Championships 2023	Swiss Cottage LC	LR231176	4
100 Breaststroke	1:19.85	1:21.40	476	17/12/23	Hillingdon Swimming Club Winter Open Meet 2023	Hillingdon	LR231950	3
200 Breaststroke	2:55.26	2:58.20	452	16/12/23	Hillingdon Swimming Club Winter Open Meet 2023	Hillingdon	LR231950	3
50 Butterfly	31.59	32.20	459	05/11/23	SE London Winter Championships 2023	Stratford	LR231947	2
100 Butterfly	1:11.73	1:12.80	427	11/06/23	Camden Swiss Cottage SC Club Championships 2023	Swiss Cottage LC	LR231176	4
50 Backstroke	31.24	31.90	528	16/12/23	Hillingdon Swimming Club Winter Open Meet 2023	Hillingdon	LR231950	3
100 Backstroke	1:07.45	1:08.60	538	16/12/23	Hillingdon Swimming Club Winter Open Meet 2023	Hillingdon	LR231950	3
200 Individual Medley	2:31.56	2:34.10	519	17/12/23	Hillingdon Swimming Club Winter Open Meet 2023	Hillingdon	LR231950	3