

# Individual Best Times (Masters)

Ella Hamza - (781655) - Portsmouth Northsea SC

Long Course

| Stroke        | Time    | FINA Pts | Swim Date | Meet                        | Venue   | Licence | Level |
|---------------|---------|----------|-----------|-----------------------------|---------|---------|-------|
| 50 Freestyle  | 31.13   | 436      | 15/06/19  | British Masters Champs 2019 | Swansea | MAS853  | 0     |
| 100 Freestyle | 1:08.90 | 422      | 14/06/19  | British Masters Champs 2019 | Swansea | MAS853  | 0     |
| 50 Butterfly  | 33.90   | 374      | 15/06/19  | British Masters Champs 2019 | Swansea | MAS853  | 0     |

Short Course

| Stroke                | Time    | FINA Pts | Swim Date | Meet                                        | Venue      | Licence | Level |
|-----------------------|---------|----------|-----------|---------------------------------------------|------------|---------|-------|
| 50 Freestyle          | 28.92   | 498      | 26/10/19  | Swim England National Masters               | Sheffield  | MAS882  | 0     |
| 100 Freestyle         | 1:02.97 | 508      | 26/10/19  | Swim England National Masters               | Sheffield  | MAS882  | 0     |
| 200 Freestyle         | 2:28.17 | 412      | 23/06/19  | Hampshire Masters 2019                      | Portsmouth | MAS854  | 0     |
| 50 Breaststroke       | 40.18   | 352      | 29/10/17  | Swim England Masters National Championships | Sheffield  | MAS718  | 0     |
| 50 Butterfly          | 31.38   | 468      | 26/10/19  | Swim England National Masters               | Sheffield  | MAS882  | 0     |
| 100 Butterfly         | 1:09.60 | 468      | 25/10/19  | Swim England National Masters               | Sheffield  | MAS882  | 0     |
| 50 Backstroke         | 37.11   | 315      | 24/06/18  | Hampshire Masters 2018                      | Portsmouth | MAS771  | 0     |
| 100 Individual Medley | 1:18.00 | 380      | 27/10/17  | Swim England Masters National Championships | Sheffield  | MAS718  | 0     |