

Individual Best Times (All Time)

Yarden Alloun - (808791) - Elmbridge Phoenix SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	41.48	41.00	128	12/01/13	Rushmoor Royals 7th New Year Open Meet	Aldershot	SE3070	3
50 Breaststroke	52.47	51.90	120	13/01/13	Rushmoor Royals 7th New Year Open Meet	Aldershot	SE3070	3
100 Breaststroke	1:58.99	1:57.90	109	12/01/13	Rushmoor Royals 7th New Year Open Meet	Aldershot	SE3070	3
200 Individual Medley	3:59.42	3:57.80	107	13/01/13	Rushmoor Royals 7th New Year Open Meet	Aldershot	SE3070	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	38.80	39.30	140	25/05/14	The Vanessa Knight Memorial Open Meet	Bognor Regis	SE4504	3
100 Freestyle	1:33.14	1:34.00	111	09/12/13	Elmbridge Phoenix SC Club Championships	Walton	SE3992	4
200 Freestyle	3:10.47	3:12.30	141	25/05/14	The Vanessa Knight Memorial Open Meet	Bognor Regis	SE4504	3
50 Breaststroke	51.28	51.90	115	22/06/13	Surrey Age Group Development	Guildford	LR3575	3
100 Breaststroke	1:52.59	1:53.70	118	07/12/13	Elmbridge Phoenix SC Club Championships	Walton	SE3992	4
200 Breaststroke	3:55.58	3:57.80	132	06/12/13	Elmbridge Phoenix SC Club Championships	Walton	SE3992	4
50 Butterfly	59.08	59.40	49	07/12/13	Elmbridge Phoenix SC Club Championships	Walton	SE3992	4
50 Backstroke	50.50	50.90	83	25/05/14	The Vanessa Knight Memorial Open Meet	Bognor Regis	SE4504	3
100 Backstroke	2:16.93	2:17.50	43	17/04/11	Elmbridge Phoenix Club Championships	Walton	SE1234	4
200 Individual Medley	3:45.35	3:47.10	115	09/12/13	Elmbridge Phoenix SC Club Championships	Walton	SE3992	4
100 Individual Medley	1:41.81	1:41.80	113	25/05/14	The Vanessa Knight Memorial Open Meet	Bognor Regis	SE4504	3