

Individual Best Times (All Time)

Lydia Akkache - (915188) - Maidenhead ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	40.40	39.90	199	30/06/13	Rushmoor Royals Summer Festival	Aldershot	SE3397	3
50 Breaststroke	52.88	52.30	167	29/06/13	Rushmoor Royals Summer Festival	Aldershot	SE3397	3
100 Breaststroke	1:57.83	1:56.80	161	30/06/13	Rushmoor Royals Summer Festival	Aldershot	SE3397	3
50 Backstroke	46.58	46.10	191	30/06/13	Rushmoor Royals Summer Festival	Aldershot	SE3397	3
100 Backstroke	1:44.12	1:43.30	166	30/06/13	Rushmoor Royals Summer Festival	Aldershot	SE3397	3
200 Backstroke	3:46.16	3:44.70	161	29/06/13	Rushmoor Royals Summer Festival	Aldershot	SE3397	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.49	36.10	269	18/01/15	Watford County Qualifier Open Meet	Watford	ER150010	3
100 Freestyle	1:33.15	1:34.00	156	26/04/14	Maidenhead Marlins Level 4 Meet	Maidenhead	SE4366	4
200 Freestyle	3:50.89	3:52.40	109	01/12/12	Maidenhead Marlins Invitation Meet	Maidenhead	SE2754	3
400 Freestyle	6:34.98	6:38.50	200	20/09/14	Maidenhead Marlins Level 4 Meet	Maidenhead	SE4366	4
50 Breaststroke	49.92	50.50	183	29/11/14	Chalfont Otters Invitational Meet	Maidenhead	SE14487	3
100 Breaststroke	1:47.65	1:48.80	194	17/01/15	Watford County Qualifier Open Meet	Watford	ER150010	3
200 Breaststroke	3:46.51	3:48.80	209	29/11/14	Chalfont Otters Invitational Meet	Maidenhead	SE14487	3
50 Butterfly	41.81	42.30	198	29/11/14	Chalfont Otters Invitational Meet	Maidenhead	SE14487	3
100 Butterfly	1:45.87	1:46.60	133	20/09/14	Maidenhead Marlins Level 4 Meet	Maidenhead	SE4366	4
50 Backstroke	42.26	42.70	213	18/01/15	Watford County Qualifier Open Meet	Watford	ER150010	3
100 Backstroke	1:30.66	1:31.50	221	18/01/15	Watford County Qualifier Open Meet	Watford	ER150010	3
200 Backstroke	3:15.35	3:17.10	225	29/11/14	Chalfont Otters Invitational Meet	Maidenhead	SE14487	3
200 Individual Medley	3:17.27	3:19.30	235	25/04/15	Maidenhead Level 4 Series 2015	Maidenhead	SE150691	4
100 Individual Medley	1:31.40	1:31.40	236	29/11/14	Chalfont Otters Invitational Meet	Maidenhead	SE14487	3