

Individual Best Times (All Time)

Arnav Avad - (1264081) - City of Southend on Sea SC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.59	32.20	259	08/12/17	Southend on Sea Club Championships	Southend on Sea	ER171784	4
100 Freestyle	1:10.70	1:11.90	255	25/11/17	BBSC & DASC Christmas Cracker	Braintree	ER171803	3
200 Freestyle	2:36.28	2:38.50	257	11/03/17	BPSC Spring Time Trial Event 2017	Basildon	ER170019	3
400 Freestyle	5:33.02	5:37.20	258	10/11/17	Southend on Sea Club Championships	Southend on Sea	ER171786	4
50 Breaststroke	44.55	45.30	175	17/11/17	Southend on Sea Club Championships	Southend on Sea	ER171787	4
100 Breaststroke	1:35.40	1:36.70	194	08/12/17	Southend on Sea Club Championships	Southend on Sea	ER171784	4
200 Breaststroke	3:24.29	3:26.90	203	13/10/17	Southend on Sea Club Championships	Southend on Sea	ER171785	4
50 Butterfly	34.86	35.40	242	25/11/17	BBSC & DASC Christmas Cracker	Braintree	ER171803	3
100 Butterfly	1:20.87	1:21.80	206	13/10/17	Southend on Sea Club Championships	Southend on Sea	ER171785	4
200 Butterfly	3:16.18	3:17.80	161	09/12/16	Southend-on-Sea Club Championships	Southend-on-Sea	ER162131	4
50 Backstroke	35.28	35.80	246	08/12/17	Southend on Sea Club Championships	Southend on Sea	ER171784	4
100 Backstroke	1:17.54	1:18.60	242	25/11/17	BBSC & DASC Christmas Cracker	Braintree	ER171803	3
200 Backstroke	2:47.06	2:49.00	252	17/11/17	Southend on Sea Club Championships	Southend on Sea	ER171787	4
200 Individual Medley	2:50.97	2:53.30	263	08/12/17	Southend on Sea Club Championships	Southend on Sea	ER171784	4
400 Individual Medley	6:08.24	6:13.00	259	10/11/17	Southend on Sea Club Championships	Southend on Sea	ER171786	4
100 Individual Medley	1:19.33	1:19.30	239	25/11/17	BBSC & DASC Christmas Cracker	Braintree	ER171803	3