

Individual Best Times (All Time)

Hossam Abdalla - (1286265) - Louth Dolphins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.07	26.30	460	16/09/18	The Robin Hood Open Meet 2018	Sheffield	EM181255	3
100 Freestyle	59.88	58.50	479	16/09/18	The Robin Hood Open Meet 2018	Sheffield	EM181255	3
200 Freestyle	2:12.46	2:09.80	456	08/04/17	Derwentio Excel 11th LC Open Meet	Sheffield	EM170259	1
50 Breaststroke	41.43	40.70	245	16/09/17	The Robin Hood Open Meet 2017	Sheffield	EM171325	3
50 Butterfly	29.85	29.20	415	16/09/18	The Robin Hood Open Meet 2018	Sheffield	EM181255	3
100 Butterfly	1:10.80	1:09.70	340	11/03/18	Nova Centurion March Sprint Meet 2018	Nottingham	EM180094	3
50 Backstroke	32.24	31.60	389	15/09/18	The Robin Hood Open Meet 2018	Sheffield	EM181255	3
100 Backstroke	1:09.83	1:08.70	403	15/09/18	The Robin Hood Open Meet 2018	Sheffield	EM181255	3
200 Individual Medley	2:37.86	2:35.30	376	17/09/17	The Robin Hood Open Meet 2017	Sheffield	EM171325	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.42	27.20	444	06/10/18	Deepings Rob Welbourn Open Meet 2018	Deepings LC	EM181184	3
100 Freestyle	58.57	1:00.00	448	17/06/18	Retford 25th Annual Open Meet	Sheffield	EM180867	3
200 Freestyle	2:08.53	2:11.20	462	12/11/17	Louth Annual Club Championships 2017	Louth	EM172501	4
400 Freestyle	4:56.21	5:00.90	367	18/11/16	Louth Annual Club Championships	Louth	EM162506	4
50 Breaststroke	39.28	40.10	256	18/06/17	Louth Annual Sportsman's Week Gala 2017	Louth	EM170940	4
100 Breaststroke	1:33.85	1:35.20	204	20/11/16	Louth Annual Club Championships	Louth	EM162506	4
50 Butterfly	29.20	29.80	413	06/10/18	Deepings Rob Welbourn Open Meet 2018	Deepings LC	EM181184	3
100 Butterfly	1:08.35	1:09.50	341	20/01/18	Lincolnshire County Championships 2018	Grantham	EM180022	2
50 Backstroke	31.29	31.90	352	17/06/18	Retford 25th Annual Open Meet	Sheffield	EM180867	3
100 Backstroke	1:07.62	1:08.80	365	19/11/17	Louth Annual Club Championships 2017	Louth	EM172503	4
200 Backstroke	2:31.97	2:34.10	335	19/11/17	Louth Annual Club Championships 2017	Louth	EM172503	4
200 Individual Medley	2:33.62	2:36.20	363	25/11/17	Louth Meridan Meet	Louth	EM171923	3
100 Individual Medley	1:08.92	1:08.90	365	17/06/18	Retford 25th Annual Open Meet	Sheffield	EM180867	3