

Individual Best Times (All Time)

Alexander Shoukru - (1383839) - Epsom District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.84	29.10	344	25/05/24	AP Race International 2024	London	GBR2389	1
100 Freestyle	1:08.59	1:07.40	318	06/01/24	Crawley Speedo New Year Gala L3 2024	Crawley	SE240145	3
200 Freestyle	2:38.62	2:36.40	265	17/06/23	Wandsworth SC Summer Open Meet 2023	Crawley	LR230513	3
400 Freestyle	5:20.11	5:15.70	324	18/06/23	Wandsworth SC Summer Open Meet 2023	Crawley	LR230513	3
800 Freestyle	10:57.50	10:48.60	325	05/01/24	Crawley Speedo New Year Gala L3 2024	Crawley	SE240145	3
100 Breaststroke	1:44.45	1:43.20	161	24/06/23	Stuttgart International Swim Meet 2023	Stuttgart	GBR2093	1
50 Butterfly	34.45	33.90	270	06/01/24	Crawley Speedo New Year Gala L3 2024	Crawley	SE240145	3
100 Butterfly	1:14.01	1:13.00	298	25/05/24	AP Race International 2024	London	GBR2389	1
200 Butterfly	3:01.09	2:59.30	226	23/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley	SE231515	3
50 Backstroke	37.84	37.30	241	06/01/24	Crawley Speedo New Year Gala L3 2024	Crawley	SE240145	3
100 Backstroke	1:29.17	1:28.30	193	02/07/22	English Schools SA Summer Open Meet	Crawley	SE220702	3
400 Individual Medley	6:13.69	6:08.90	273	17/06/23	Wandsworth SC Summer Open Meet 2023	Crawley	LR230513	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.71	30.40	312	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
100 Freestyle	1:08.30	1:09.50	282	01/04/23	Guildford City SC L3 Regional Qualifier 2023	Guildford	SE230252	3
200 Freestyle	2:23.19	2:25.60	334	17/03/24	Cranleigh ASC Mavis Godfrey Spring Open Meet 2024	Cranleigh	SE240282	3
400 Freestyle	5:04.80	5:09.40	337	12/11/23	Epsom District SC Club Championships 2023	Rainbow Centre	SE232264	4
800 Freestyle	10:40.90	10:49.90	331	12/10/23	Epsom District SC Club Championships 2023	Downsend Sch	SE232261	4
50 Breaststroke	46.38	47.10	155	21/05/23	Woking SC Octopus Meet 2023	Woking	SE230724	3
100 Breaststroke	1:35.26	1:36.60	195	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
50 Butterfly	32.98	33.60	286	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
100 Butterfly	1:14.90	1:15.90	259	09/12/23	National Arena Swimming League South R3 2023	Southampton	SE232575	3
200 Butterfly	2:52.01	2:53.80	239	19/11/23	Kingston Royal Autumn Open Meet 2023	Elmbridge Xcel	LR231514	3
50 Backstroke	37.19	37.70	210	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
100 Backstroke	1:19.81	1:20.80	222	14/01/24	Kingston Royals New Year County Qualifier Meet 202	Walton-on-Thames	LR240112	3
200 Backstroke	3:06.14	3:07.90	182	09/10/22	EDSC Autumn Club Championships 2022	Rainbow Centre,Epsom	SE222154	4
200 Individual Medley	2:47.84	2:50.20	278	19/11/23	Kingston Royal Autumn Open Meet 2023	Elmbridge Xcel	LR231514	3
400 Individual Medley	5:52.84	5:57.80	294	12/11/23	Epsom District SC Club Championships 2023	Rainbow Centre	SE232264	4
100 Individual Medley	1:18.95	1:19.00	243	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3