

Individual Best Times (All Time)

Eva Shoukru - (1410758) - Epsom District SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.06	31.40	399	25/05/24	AP Race International 2024	London	GBR2389	1
100 Freestyle	1:13.79	1:12.60	344	04/02/24	Surrey Age Group Championships 2024	Guildford	SE240477	1
200 Freestyle	2:39.19	2:37.00	356	20/01/24	Surrey Age Group Championships 2024	Guildford	SE240476	1
50 Breaststroke	42.76	42.00	317	03/02/24	Surrey Age Group Championships 2024	Guildford	SE240477	1
100 Breaststroke	1:30.92	1:29.50	350	26/05/24	AP Race International 2024	London	GBR2389	1
200 Breaststroke	3:26.02	3:23.40	297	21/01/24	Surrey Age Group Championships 2024	Guildford	SE240476	1
50 Butterfly	34.94	34.40	341	26/05/24	AP Race International 2024	London	GBR2389	1
100 Butterfly	1:21.23	1:20.30	318	03/02/24	Surrey Age Group Championships 2024	Guildford	SE240477	1
200 Butterfly	3:09.56	3:07.90	265	04/02/24	Surrey Age Group Championships 2024	Guildford	SE240477	1
50 Backstroke	40.91	40.40	283	06/01/24	Crawley Speedo New Year Gala L3 2024	Crawley	SE240145	3
100 Backstroke	1:22.10	1:21.10	340	21/01/24	Surrey Age Group Championships 2024	Guildford	SE240476	1
200 Backstroke	2:55.56	2:53.60	345	23/03/24	Winchester Spring Qualifier 2024	Winchester	SE240331	1
200 Individual Medley	2:52.88	2:50.60	388	23/03/24	Winchester Spring Qualifier 2024	Winchester	SE240331	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.70	32.40	378	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
100 Freestyle	1:11.77	1:12.90	343	17/03/24	Cranleigh ASC Mavis Godfrey Spring Open Meet 2024	Cranleigh	SE240282	3
200 Freestyle	2:38.23	2:40.40	338	10/12/23	Woking SC December Dasher 2023	Woking	SE232412	3
400 Freestyle	5:41.38	5:45.50	311	12/11/23	Epsom District SC Club Championships 2023	Rainbow Centre	SE232264	4
50 Breaststroke	42.15	42.90	304	11/06/24	Elmbridge Phoenix National Junior Arena League R2	Cobham	SE241365	4
100 Breaststroke	1:27.95	1:29.40	356	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
200 Breaststroke	3:32.41	3:34.90	254	15/07/23	Sutton & Cheam Summertime Splash 2023	Westcroft LC	LR231192	3
50 Butterfly	34.71	35.30	346	11/06/24	Elmbridge Phoenix National Junior Arena League R2	Cobham	SE241365	4
100 Butterfly	1:15.43	1:16.40	367	21/04/24	SE South East Region LC Championships 2024	Crawley	SE240684	2
200 Butterfly	2:50.07	2:51.90	347	20/04/24	SE South East Region LC Championships 2024	Crawley	SE240684	2
50 Backstroke	37.14	37.70	314	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
100 Backstroke	1:20.15	1:21.10	321	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3
200 Backstroke	2:58.95	3:00.80	293	10/12/23	Woking SC December Dasher 2023	Woking	SE232412	3
200 Individual Medley	2:46.41	2:48.80	392	20/04/24	SE South East Region LC Championships 2024	Crawley	SE240684	2
100 Individual Medley	1:20.07	1:20.10	351	19/05/24	East Grinstead SC Open Meet 2024	Crawley	SE240109	3