

Individual Best Times (All Time)

Amira Khelfa - (1456002) - Basildon and Phoenix SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.93	32.30	368	13/01/24	2024 Essex County Age Group Championships	London	ER240054	1
100 Freestyle	1:10.61	1:09.40	392	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
200 Freestyle	2:31.52	2:29.20	413	23/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
400 Freestyle	5:11.70	5:07.20	430	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
800 Freestyle	10:27.45	10:18.20	461	12/01/24	2024 Essex County Age Group Championships	London	ER240054	1
50 Breaststroke	41.95	41.20	335	23/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
100 Breaststroke	1:29.62	1:28.20	366	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1
200 Breaststroke	3:08.89	3:06.10	386	25/02/24	2024 Essex County Age Group Championships	London	ER240055	1
50 Butterfly	35.82	35.30	317	24/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
100 Butterfly	1:19.23	1:18.30	343	14/01/24	2024 Essex County Age Group Championships	London	ER240054	1
50 Backstroke	35.99	35.40	415	23/04/23	Swim England East Region LC Championships 2023	Norwich	ER230333	1
100 Backstroke	1:18.55	1:17.50	388	13/01/24	2024 Essex County Age Group Championships	London	ER240054	1
200 Backstroke	2:46.11	2:44.10	407	13/05/23	Swim England East Region LC Championships 2023	Luton	ER230335	1
200 Individual Medley	2:46.56	2:44.20	434	24/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
400 Individual Medley	5:54.11	5:49.10	423	14/05/23	Swim England East Region LC Championships 2023	Luton	ER230335	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.74	32.40	377	09/12/23	Basildon & Phoenix Last Chance County Qualifier 23	Basildon	ER232491	3
100 Freestyle	1:07.51	1:08.70	412	10/12/23	Basildon & Phoenix Last Chance County Qualifier 23	Basildon	ER232491	3
200 Freestyle	2:25.52	2:27.90	435	16/03/24	Colchester 2024 Regional Qualifier Meet	Braintree	ER240460	3
400 Freestyle	4:59.96	5:04.60	458	10/12/23	Basildon & Phoenix Last Chance County Qualifier 23	Basildon	ER232491	3
800 Freestyle	10:10.88	10:20.30	477	25/11/23	Basildon & Phoenix 800m County/Regional Qualifier	Basildon	ER232297	3
1500 Freestyle	19:54.55	20:11.70	439	15/10/23	Basildon & Phoenix 1500m County/Regional Qualifier	Basildon	ER231914	3
50 Breaststroke	40.38	41.20	346	16/03/24	Colchester 2024 Regional Qualifier Meet	Braintree	ER240460	3
100 Breaststroke	1:23.26	1:24.80	420	09/12/23	Basildon & Phoenix Last Chance County Qualifier 23	Basildon	ER232491	3
200 Breaststroke	2:56.39	2:59.40	444	09/12/23	Basildon & Phoenix Last Chance County Qualifier 23	Basildon	ER232491	3
50 Butterfly	34.55	35.10	351	07/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	ER240561	3
100 Butterfly	1:18.03	1:19.00	332	06/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	ER240561	3
50 Backstroke	34.77	35.30	382	21/10/23	Basildon & Phoenix Autumn County Qualifier 2023	Basildon	ER232129	3
100 Backstroke	1:15.81	1:16.90	379	22/10/23	Basildon & Phoenix Autumn County Qualifier 2023	Basildon	ER232129	3
200 Backstroke	2:38.00	2:40.10	426	10/12/23	Basildon & Phoenix Last Chance County Qualifier 23	Basildon	ER232491	3
200 Individual Medley	2:39.66	2:42.10	444	10/12/23	Basildon & Phoenix Last Chance County Qualifier 23	Basildon	ER232491	3
400 Individual Medley	5:40.54	5:45.70	439	07/04/24	Basildon & Phoenix Easter Meet 2024	Basildon	ER240561	3
100 Individual Medley	1:16.90	1:16.90	396	22/10/23	Basildon & Phoenix Autumn County Qualifier 2023	Basildon	ER232129	3