

Individual Best Times (All Time)

Salma Zidan - (1493262) - Sevenoaks SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.01	32.40	365	09/07/23	NUEL SC Joy Atotileto Memorial Open Meet 2023	Stratford	LR230876	3
100 Freestyle	1:08.94	1:07.70	421	11/05/24	Romford Last Chance L1 National Qualifier Meet 24	Crawley	LR240632	1
400 Freestyle	5:13.02	5:08.50	425	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3
50 Breaststroke	38.29	37.50	441	23/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
100 Breaststroke	1:23.77	1:22.30	448	24/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	LR240111	1
200 Breaststroke	3:04.94	3:02.10	411	09/03/24	Kent County Championships 2024	Stratford	LR240211	1
50 Butterfly	34.22	33.70	363	15/06/24	Crawley Summer Splash L3 Gala 2024	Crawley	SE241040	3
200 Individual Medley	2:54.86	2:52.60	375	08/07/23	NUEL SC Joy Atotileto Memorial Open Meet 2023	Stratford	LR230876	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.96	32.60	369	10/06/23	Crawley Summer Splash L3 Gala 2023	Crawley	SE231137	3
100 Freestyle	1:09.46	1:10.70	378	08/10/23	Winchester City Penguins Winter Autumn Qualifier	Winchester	SE231502	2
200 Freestyle	2:31.08	2:33.40	389	30/09/23	Sevenoaks SC Club Champs 2023	Sevenoaks	SE231692	4
400 Freestyle	5:18.18	5:22.60	384	01/10/23	Sevenoaks SC Club Champs 2023	Sevenoaks	SE231692	4
50 Breaststroke	38.24	39.10	408	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Breaststroke	1:22.00	1:23.50	439	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Breaststroke	2:59.12	3:02.00	424	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
50 Butterfly	34.38	34.90	356	17/12/23	Bromley SC Christmas Gold Meet 2023	Crawley	LR232497	3
100 Butterfly	1:26.96	1:27.80	240	26/11/22	Maidstone SC Level 3 Winter Qualifier 2022	Maidstone	SE220847	3
50 Backstroke	41.41	41.90	226	06/03/22	Erith & District/Orpington Ojays Spring Open Meet	Crook Log	LR220200	3
100 Backstroke	1:25.80	1:26.70	261	26/11/22	Maidstone SC Level 3 Winter Qualifier 2022	Maidstone	SE220847	3
200 Individual Medley	2:47.98	2:50.30	381	24/09/23	Sevenoaks SC Club Champs 2023	Sevenoaks	SE231691	4
100 Individual Medley	1:25.40	1:25.40	289	25/06/22	Atlantis SC Summer Splash 2022	Horsham	SE220237	3