

Individual Best Times (All Time)

Noor-UI-Ain-Shah Shah - (1657970) - Killerwhales SC (Havering)

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	42.29	41.80	174	09/07/23	NUEL SC Joy Atotileto Memorial Open Meet 2023	Stratford	LR230876	3
100 Breaststroke	1:57.25	1:56.20	163	09/07/23	NUEL SC Joy Atotileto Memorial Open Meet 2023	Stratford	LR230876	3
200 Breaststroke	4:21.88	4:19.80	144	19/03/23	Bracknell & Wokingham Regional Qualifier Meet 2023	Aldershot	SE230198	3
50 Butterfly	47.51	47.10	135	09/07/23	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	37.50	38.10	228	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Freestyle	1:22.82	1:23.80	223	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
1500 Freestyle	26:23.53	26:36.60	188	26/06/24	Killerwhales Summer Long Distance Time Trials 2024	Romford	LR241553	4
100 Breaststroke	1:45.69	1:46.90	205	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
200 Breaststroke	3:40.16	3:42.60	228	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
50 Butterfly	43.35	43.80	177	16/03/24	Basildon Spring Regional Qualifier 2024	Basildon	ER240455	3
100 Backstroke	1:39.54	1:40.30	167	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4
200 Individual Medley	3:24.04	3:26.00	213	11/05/24	Killerwhales Spring Club Champs 2024	Hornchurch	LR240905	4