

Individual Best Times (All Time)

Noor Abu Assali - (1669662) - Black Lion SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	38.49	37.90	230	04/06/23	Bo Waltham Forest Gators SC Level 3 Gala 2023	Stratford	LR230643	3
50 Breaststroke	53.86	53.30	158	04/06/23	Bo Waltham Forest Gators SC Level 3 Gala 2023	Stratford	LR230643	3
100 Butterfly	2:06.75	2:06.10	83	04/06/23	Bo Waltham Forest Gators SC Level 3 Gala 2023	Stratford	LR230643	3
50 Backstroke	51.17	50.80	144	04/06/23	Bo Waltham Forest Gators SC Level 3 Gala 2023	Stratford	LR230643	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.77	37.30	242	25/02/24	Bromley SC Winter Gold Meet	Dover	LR240358	3
100 Freestyle	1:22.02	1:23.00	229	30/03/24	2nd Kent Weald Last Chance Regional Qualifier 2024	Gillingham	SE240644	3
200 Freestyle	2:58.03	3:00.00	237	26/11/23	Black Lion SC Winter Open Meet 2023	Gillingham	SE230794	3
50 Breaststroke	49.52	50.20	188	30/03/24	2nd Kent Weald Last Chance Regional Qualifier 2024	Gillingham	SE240644	3
100 Breaststroke	1:53.88	1:55.00	164	26/11/23	Black Lion SC Winter Open Meet 2023	Gillingham	SE230794	3
50 Butterfly	42.30	42.70	191	26/11/23	Black Lion SC Winter Open Meet 2023	Gillingham	SE230794	3
100 Butterfly	1:42.00	1:42.70	148	30/03/24	2nd Kent Weald Last Chance Regional Qualifier 2024	Gillingham	SE240644	3
50 Backstroke	45.03	45.50	176	30/03/24	2nd Kent Weald Last Chance Regional Qualifier 2024	Gillingham	SE240644	3
100 Backstroke	1:56.12	1:56.80	105	04/03/23	Medway ASA Championships 2023	Maidstone	SE230486	3