

Individual Best Times (All Time)

Karam Dehne - (1700827) - Orion SC

Long Course

| Stroke | LC Time | Converted to SC | LC WA Pts | Date | Meet | Venue | Licence | Level |
|-----------------------|---------|-----------------|-----------|----------|---------------------------------------|----------|----------|-------|
| 50 Freestyle | 40.14 | 39.60 | 141 | 25/11/23 | Evesham SC L4 LC Experience Meet 2023 | Coventry | WM232124 | 4 |
| 50 Breaststroke | 52.46 | 51.90 | 121 | 25/11/23 | Evesham SC L4 LC Experience Meet 2023 | Coventry | WM232124 | 4 |
| 100 Breaststroke | 1:54.29 | 1:53.20 | 123 | 25/11/23 | Evesham SC L4 LC Experience Meet 2023 | Coventry | WM232124 | 4 |
| 50 Butterfly | 49.03 | 48.60 | 93 | 25/11/23 | Evesham SC L4 LC Experience Meet 2023 | Coventry | WM232124 | 4 |
| 200 Individual Medley | 3:57.47 | 3:55.80 | 110 | 25/11/23 | Evesham SC L4 LC Experience Meet 2023 | Coventry | WM232124 | 4 |

Short Course

| Stroke | SC Time | Converted to LC | SC WA Pts | Date | Meet | Venue | License | Level |
|-----------------------|---------|-----------------|-----------|----------|--|---------------|----------|-------|
| 50 Freestyle | 39.04 | 39.60 | 137 | 08/06/24 | City of Birmingham Summer Meet 2024 | Birmingham | WM240153 | 3 |
| 100 Freestyle | 1:25.27 | 1:26.20 | 145 | 09/06/24 | City of Birmingham Summer Meet 2024 | Birmingham | WM240153 | 3 |
| 50 Breaststroke | 51.18 | 51.80 | 115 | 17/03/24 | Wolverhampton SC Spring Open Meet 2024 | Wolverhampton | WM240184 | 3 |
| 100 Breaststroke | 1:53.21 | 1:54.30 | 116 | 08/06/24 | City of Birmingham Summer Meet 2024 | Birmingham | WM240153 | 3 |
| 50 Butterfly | 45.58 | 46.00 | 108 | 08/06/24 | City of Birmingham Summer Meet 2024 | Birmingham | WM240153 | 3 |
| 50 Backstroke | 1:02.90 | 1:03.20 | 43 | 18/06/23 | City of Birmingham Summer Open Meet 2023 | Birmingham | WM230448 | 3 |
| 100 Individual Medley | 1:38.91 | 1:38.90 | 123 | 09/06/24 | City of Birmingham Summer Meet 2024 | Birmingham | WM240153 | 3 |