

Individual Best Times (All Time)

Henry El-Taha - (1717062) - Bishops Stortford SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.85	31.20	282	10/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
100 Freestyle	1:07.80	1:06.60	330	23/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
200 Freestyle	2:54.21	2:52.20	200	11/06/23	Co Sheffield SS Team Steel Meet 2023	Sheffield	NE230696	1
50 Breaststroke	40.65	39.90	260	11/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
100 Breaststroke	1:33.53	1:32.20	224	10/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
200 Breaststroke	3:16.92	3:14.20	258	23/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
50 Butterfly	34.40	33.80	271	09/02/24	Swim Wales Regional Racing Series - North 2024	Liverpool	WL240020	1
100 Butterfly	1:15.44	1:14.40	281	22/03/24	Swim Wales National Championships 2024	Swansea	WL240023	1
50 Backstroke	43.60	43.10	157	11/06/23	Co Sheffield SS Team Steel Meet 2023	Sheffield	NE230696	1
200 Individual Medley	3:11.59	3:09.50	210	11/06/23	Co Sheffield SS Team Steel Meet 2023	Sheffield	NE230696	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.57	31.20	286	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Freestyle	1:08.39	1:09.60	281	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
200 Freestyle	2:37.66	2:39.90	250	26/11/23	Swim Wales Regional SC Championships - North 2023	Llandudno	WL232010	2
50 Breaststroke	40.61	41.40	231	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Breaststroke	1:27.66	1:29.10	250	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
200 Breaststroke	3:11.20	3:13.90	248	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
50 Butterfly	32.96	33.50	287	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Butterfly	1:15.42	1:16.40	254	16/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
50 Backstroke	39.84	40.30	170	22/10/23	Swim Conwy Autumn Meet 2023	Llandudno	WL232002	2
100 Backstroke	1:27.33	1:28.20	169	05/11/23	Wrexham Bonfire Meet 2023	Wrexham	WL232331	3
200 Individual Medley	2:49.05	2:51.40	272	17/03/24	Swim Conwy Spring Meet 2024	Llandudno	WL240498	3
100 Individual Medley	1:21.61	1:21.60	220	03/03/24	Crystal Meet 2024	Wrexham	WL240610	3