

# Individual Best Times (All Time)

Muhammad Umar Ammar - (1728227) - City of Coventry SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.26	29.60	329	05/05/24	SE West Midland Summer Championships 2024	Birmingham	WM240648	1
100 Freestyle	1:07.40	1:06.10	336	09/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	NE240033	1
200 Freestyle	2:26.17	2:23.80	339	20/01/24	Warwickshire County ASA 2024 County Championships	Coventry	WM240113	1
50 Breaststroke	42.11	41.40	234	20/01/24	Warwickshire County ASA 2024 County Championships	Coventry	WM240113	1
50 Butterfly	37.42	36.90	210	14/01/24	City of Coventry 2023 Club Championships	Coventry	WM240329	4
50 Backstroke	35.07	34.50	302	27/04/24	SE West Midland Summer Championships 2024	Birmingham	WM240647	1
100 Backstroke	1:19.09	1:18.10	277	03/02/24	Warwickshire County ASA 2024 County Championships	Coventry	WM240114	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.87	30.60	307	16/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
100 Freestyle	1:08.10	1:09.30	285	03/12/23	City of Coventry Winter Meet 2023	Coventry	WM231042	3
200 Freestyle	2:29.20	2:31.50	295	17/12/23	Arena Manchester Snowpen 2023	Manchester	NW232517	3
800 Freestyle	10:51.76	11:00.60	314	10/12/23	City of Coventry SC Club Long Distance Meet 2023	Coventry	WM232529	4
50 Breaststroke	41.67	42.40	214	18/11/23	Buxton 2nd Autumn Open Meet 2023	Matlock	EM231375	3
50 Butterfly	37.60	38.10	193	03/12/23	City of Coventry Winter Meet 2023	Coventry	WM231042	3
50 Backstroke	35.03	35.60	251	18/11/23	Buxton 2nd Autumn Open Meet 2023	Matlock	EM231375	3
100 Backstroke	1:17.03	1:18.10	246	03/12/23	City of Coventry Winter Meet 2023	Coventry	WM231042	3