

Individual Best Times (All Time)

Zahra Benamara - (422207) - City of Linc Pentaqua SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	33.81	33.20	340	19/10/13	Lincoln Vulcans Long Course Meet	Sheffield	EM3281	1
100 Freestyle	1:14.84	1:13.70	329	18/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield	NE150075	3
200 Freestyle	3:07.70	3:05.80	217	22/01/12	Rotherham Metro A & B Grade Gala	Sheffield	NE2002	3
50 Breaststroke	43.16	42.40	308	18/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield	NE150075	3
100 Breaststroke	1:36.59	1:35.30	292	19/01/13	Rotherham Metro SC A & B Grade LC Meet	Sheffield	NE3011	3
200 Breaststroke	3:15.26	3:12.50	349	18/01/15	Rotherham Metro A & B Grade LC Meet	Sheffield	NE150075	3
50 Butterfly	55.10	54.80	87	22/01/12	Rotherham Metro A & B Grade Gala	Sheffield	NE2002	3
50 Backstroke	42.34	41.90	255	19/01/13	Rotherham Metro SC A & B Grade LC Meet	Sheffield	NE3011	3
100 Backstroke	1:49.07	1:48.30	145	22/01/12	Rotherham Metro A & B Grade Gala	Sheffield	NE2002	3
200 Backstroke	3:10.12	3:08.40	271	19/01/13	Rotherham Metro SC A & B Grade LC Meet	Sheffield	NE3011	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.13	32.80	363	11/07/15	CLP Club Championships 2015	Lincoln	EM151045	4
100 Freestyle	1:09.44	1:10.60	378	07/02/16	Lincolnshire County Championships 2016	Louth	EM160115	2
200 Freestyle	2:24.66	2:27.00	443	07/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150040	2
400 Freestyle	5:16.49	5:20.90	390	04/10/15	CLP Club Championships 2015	Lincoln	EM151046	4
800 Freestyle	11:09.78	11:18.40	362	06/07/14	City of Lincoln Pentaqua Club Championships	Lincoln	EM4389	4
50 Breaststroke	40.43	41.20	345	21/11/15	Louth Meridian Meet	Louth	EM151719	3
100 Breaststroke	1:26.53	1:28.00	374	06/02/16	Lincolnshire County Championships 2016	Louth	EM160115	2
200 Breaststroke	2:59.90	3:02.80	418	07/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150040	2
50 Butterfly	37.71	38.20	270	09/11/14	City of Lincoln Pentaqua Club Championships	Lincoln	EM4389	4
100 Butterfly	1:23.40	1:24.30	272	07/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150040	2
50 Backstroke	37.77	38.30	298	11/07/15	CLP Club Championships 2015	Lincoln	EM151045	4
100 Backstroke	1:22.15	1:23.10	298	01/11/14	Louth Dolphins Meridian Meet	Louth	EM14188	3
200 Backstroke	3:01.29	3:03.10	282	02/11/13	Louth Dolphins Meridian Meet	Louth	EM3320	3
200 Individual Medley	2:45.41	2:47.80	399	08/03/15	Lincolnshire County ASA Swimming Championships	Louth	CC150040	2
400 Individual Medley	6:27.52	6:32.00	298	13/10/13	City of Lincoln Pentaqua Club Championships	Lincoln	EM3613	4
100 Individual Medley	1:18.42	1:18.40	374	23/01/16	Lincolnshire County Championships 2016	Grantham	EM160114	2