

# Individual Best Times (All Time)

Adel Elfakir - (448806) - Northampton Water Polo Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.73	23.90	604	12/02/17	NASA 2017 County Championships	Corby	EM170550	1
100 Freestyle	52.65	51.00	705	14/05/17	Northampton 2017 Long Course Spring Festival	Corby	EM170338	1
200 Freestyle	1:54.63	1:51.60	704	28/07/17	British Summer Championships	Sheffield	BSW002	1
400 Freestyle	4:11.80	4:06.20	667	25/02/17	NASA 2017 County Championships	Corby	EM170549	1
800 Freestyle	8:42.64	8:31.50	647	27/05/16	Plymouth Leander Level 1 National Qualifier 2016	Plymouth	SW160104	1
50 Breaststroke	34.07	33.10	441	16/02/14	2014 NASA County Championships	Corby	CC4102	1
100 Breaststroke	1:14.80	1:13.10	439	15/03/14	2014 NASA County Championships	Corby	CC4104	1
50 Butterfly	26.34	25.60	604	11/02/17	NASA 2017 County Championships	Corby	EM170550	1
100 Butterfly	58.71	57.40	597	03/04/15	Portsmouth Northsea Easter Festival L1 Meet	Portsmouth	SE150138	1
200 Butterfly	2:15.60	2:13.30	538	12/02/17	NASA 2017 County Championships	Corby	EM170550	1
50 Backstroke	27.10	26.40	656	15/12/17	Swim England Winter Championships 2017	Sheffield	ASA154	1
100 Backstroke	58.37	57.00	690	13/05/17	Northampton 2017 Long Course Spring Festival	Corby	EM170338	1
200 Backstroke	2:08.61	2:06.00	659	14/05/17	Northampton 2017 Long Course Spring Festival	Corby	EM170338	1
200 Individual Medley	2:12.02	2:09.00	643	04/04/15	Portsmouth Northsea Easter Festival L1 Meet	Portsmouth	SE150138	1
400 Individual Medley	4:51.00	4:44.90	578	05/04/15	Portsmouth Northsea Easter Festival L1 Meet	Portsmouth	SE150138	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.39	25.20	564	06/11/16	Midland Short Course Championships 2016	Nottingham	EM162223	2
100 Freestyle	52.69	54.20	616	07/11/15	Midland 2015 Short Course Championships	Nottingham	EM151953	2
200 Freestyle	1:54.01	1:57.00	662	01/10/16	Cambridge Grand Prix Regional & National Qualifier	Cambridge	ER160169	2
400 Freestyle	4:07.58	4:13.20	630	21/11/15	The Leicester Open Meet	Leicester	EM151050	2
800 Freestyle	11:06.35	11:15.00	294	15/03/09	Northamptonshire County Ch	Daventry	CC9100	2
50 Breaststroke	32.14	33.10	467	20/09/15	Northamptonshire ASA 2015 SC Competition	Corby	EM152027	3
100 Breaststroke	1:13.21	1:14.90	430	15/11/14	City Of Leicester Winter Short Course Meet	Leicester	EM14411	2
200 Breaststroke	3:35.32	3:37.80	173	25/04/09	City of Leicester Age Gp	Braunstone	EM9124	2
50 Butterfly	26.31	27.00	564	20/11/15	The Leicester Open Meet	Leicester	EM151050	2
100 Butterfly	58.50	59.80	544	22/11/15	The Leicester Open Meet	Leicester	EM151050	2
200 Butterfly	3:11.43	3:13.10	173	26/04/09	City of Leicester Age Gp	Braunstone	EM9124	2
50 Backstroke	25.93	26.70	619	30/09/17	Cambridge Grand Prix	Cambridge	ER170267	2
100 Backstroke	55.80	57.20	649	01/10/17	Cambridge Grand Prix	Cambridge	ER170267	2
200 Backstroke	2:13.17	2:15.60	499	07/12/14	Midland Short Course Championships	Rugby	WM14348	2
200 Individual Medley	2:06.47	2:09.50	651	19/11/16	The Leicester Open	Braunstone	EM161964	2
400 Individual Medley	5:37.09	5:42.30	337	30/04/11	Rugby SC Open Meet 2011	Rugby	WM1288	3
100 Individual Medley	58.37	58.40	601	06/11/16	Midland Short Course Championships 2016	Nottingham	EM162223	2