

# Individual Best Times (All Time)

## Aisha Karouai - (490097) - Putteridge Swimming Club

### Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.41	31.80	386	13/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
100 Freestyle	1:10.49	1:09.30	394	30/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
200 Freestyle	2:36.76	2:34.50	373	31/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
50 Butterfly	34.31	33.80	361	02/07/16	Bishops Stortford End of Season LC Open Meet	Luton	ER160490	3
100 Butterfly	1:23.62	1:22.70	292	02/07/16	Bishops Stortford End of Season LC Open Meet	Luton	ER160490	3
50 Backstroke	36.03	35.50	414	14/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
100 Backstroke	1:18.27	1:17.20	392	13/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
200 Backstroke	2:48.48	2:46.50	390	08/03/15	Bedfordshire ASA County Championships	Luton	CC150189	1
200 Individual Medley	2:56.29	2:54.00	366	22/03/15	Bedfordshire ASA County Championships	Luton	CC150190	1
400 Individual Medley	6:51.52	6:47.20	269	09/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	ERX201	1

### Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.31	33.00	357	01/10/16	Putteridge 2016 Club Championships - Gala 2	Hitchin	ER161996	4
100 Freestyle	1:08.31	1:09.50	398	26/11/16	Linslade Crusaders Last Chance Open Meet	Bletchley	ER161823	3
200 Freestyle	2:26.71	2:29.10	425	03/12/16	Putteridge Club Championships	St Albans	ER162381	4
400 Freestyle	6:00.93	6:04.80	263	26/05/12	Team Luton Club Championships	Luton	ER2463	4
800 Freestyle	11:55.75	12:03.80	296	21/12/14	Dunstable Long Distance Splash	Dunstable	ER14558	4
50 Breaststroke	44.59	45.30	257	03/12/16	Putteridge Club Championships	St Albans	ER162381	4
100 Breaststroke	1:37.00	1:38.30	265	20/06/15	Dunstable Club Championships	Dunstable	ER150766	4
200 Breaststroke	3:48.00	3:50.30	205	30/06/12	Team Luton Club Championships	Luton	ER2463	4
50 Butterfly	34.32	34.90	358	24/09/16	Team Luton September Short Course Meet	Luton	ER160086	2
100 Butterfly	1:17.03	1:18.00	345	27/11/16	Hitchin Open Last Chance Meet	Borehamwood	ER160822	3
200 Butterfly	3:32.02	3:33.50	179	27/10/12	Team Luton Club Championships	Luton	ER2463	4
50 Backstroke	35.13	35.70	371	12/03/16	Watford Regional Qualifier	Watford	ER160088	3
100 Backstroke	1:15.95	1:17.00	377	27/11/16	Hitchin Open Last Chance Meet	Borehamwood	ER160822	3
200 Backstroke	2:46.50	2:48.50	364	25/06/16	Putteridge 2016 Club Championship - Gala 1	Hitchin	ER161399	4
200 Individual Medley	2:48.61	2:50.90	377	22/05/16	Hemel Hempstead 5th Spring Development Meet	Hemel Hempstead	ER160839	3
400 Individual Medley	6:14.80	6:19.50	329	09/05/15	Mid Beds Swim Squad Level 3 Open Meet	Biggleswade	ER150500	3
100 Individual Medley	1:19.20	1:19.20	363	29/10/16	Flitwick Dolphins Open Meet 2016	Biggleswade	ER161067	3