

Individual Best Times (All Time)

Ahmad Yousef - (59054) - Guildford City Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.18	24.30	572	21/02/15	BUCS Long Course Championships 2015	Sheffield	NE150632	1
100 Freestyle	57.96	56.50	528	22/02/15	BUCS Long Course Championships 2015	Sheffield	NE150632	1
200 Freestyle	2:10.18	2:07.50	481	17/04/10	Crawley Spring LC Open Meet	Crawley	SE0181	1
400 Freestyle	4:39.56	4:34.50	487	20/11/10	Crawley Not So Early Bird	Crawley	SE0477	1
800 Freestyle	9:44.25	9:34.30	463	18/04/10	Crawley Spring LC Open Meet	Crawley	SE0181	1
1500 Freestyle	18:42.71	18:24.20	466	28/02/10	Surrey County Champs	Aldershot	CC0083	1
50 Breaststroke	38.20	37.40	313	12/01/13	Exeter City Open Meet	Cardiff	SW3110	1
100 Breaststroke	1:23.95	1:22.40	311	13/01/13	Exeter City Open Meet	Cardiff	SW3110	1
200 Breaststroke	3:00.80	2:57.90	334	12/01/13	Exeter City Open Meet	Cardiff	SW3110	1
50 Butterfly	29.01	28.40	452	11/03/12	Surrey County Championships	Guildford	CC2093	1
100 Butterfly	1:09.92	1:08.80	353	10/05/09	Beckenham Open Meet	Crystal Palace	LR9166	2
200 Butterfly	2:32.26	2:30.20	380	20/11/10	Crawley Not So Early Bird	Crawley	SE0477	1
50 Backstroke	38.88	38.40	222	24/02/07	Surrey County Champs	Crystal Palace	CC7055	2
100 Backstroke	1:12.79	1:11.70	356	20/11/10	Crawley Not So Early Bird	Crawley	SE0477	1
200 Backstroke	2:42.94	2:40.90	324	16/01/10	Rushmoor Royals New Year Meet	Aldershot	SE0022	3
200 Individual Medley	2:37.67	2:35.10	377	16/01/10	Rushmoor Royals New Year Meet	Aldershot	SE0022	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	24.55	25.40	553	15/11/14	BUCS Short Course 2014	Sheffield	BUC010	2
100 Freestyle	55.67	57.10	522	16/11/14	BUCS Short Course 2014	Sheffield	BUC010	2
200 Freestyle	2:04.96	2:07.70	502	26/11/11	Guildford City County Qualifier Meet	Guildford	SE1253	2
400 Freestyle	4:28.92	4:34.10	491	26/02/11	Surrey County Championships	Guildford	CC1037	2
800 Freestyle	9:25.98	9:36.10	480	29/11/09	Kingston Royals Club Champ	New Malden	LR9793	4
1500 Freestyle	18:34.89	18:53.20	438	20/12/09	Kingston Royals Club Chmp	New Malden	LR9794	4
50 Breaststroke	41.79	42.50	212	16/07/09	Kingston Royals Champs	New Malden	LR9371	4
100 Breaststroke	1:29.61	1:31.00	234	05/07/09	Haslemere Summer Open	Haslemere	SE9189	3
200 Breaststroke	3:41.98	3:44.40	158	28/09/07	Kingston Royal Club Champ	New Malden	LR7255	4
50 Butterfly	28.04	28.70	466	16/11/14	BUCS Short Course 2014	Sheffield	BUC010	2
100 Butterfly	1:05.14	1:06.30	394	17/03/12	Surrey County Age Group Champs	Guildford	CC2094	2
200 Butterfly	2:27.35	2:29.50	381	26/02/11	Surrey County Championships	Guildford	CC1037	2
50 Backstroke	33.62	34.20	284	05/12/09	Bracknell & Wokingham Mt	Bracknell	SE9708	3
100 Backstroke	1:10.21	1:11.30	326	05/12/09	Bracknell & Wokingham Mt	Bracknell	SE9708	3
200 Backstroke	2:34.71	2:36.90	318	29/11/09	Haslemere Elite SC Meet	Haslemere	SE9190	2
200 Individual Medley	2:36.54	2:39.00	343	05/07/09	Haslemere Summer Open	Haslemere	SE9189	3
400 Individual Medley	5:29.11	5:34.40	363	12/11/09	Kingston Royals Club Champ	New Malden	LR9663	4
100 Individual Medley	1:11.02	1:11.00	334	05/12/09	Bracknell & Wokingham Mt	Bracknell	SE9708	3