

Individual Best Times (All Time)

Hamid Laguda - (778043) - University of Bath SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	24.14	23.30	649	31/07/19	Swim England National Summer Meet	Sheffield	ENG014	1
100 Freestyle	52.87	51.30	696	02/08/19	Swim England National Summer Meet	Sheffield	ENG014	1
200 Freestyle	1:59.62	1:56.70	619	13/05/17	Team Luton May Long Course Meet 2017	Luton	ER170349	1
400 Freestyle	4:21.49	4:16.10	596	14/04/18	Team Luton April Long Course Meet 2018	Luton	ER180341	1
1500 Freestyle	17:52.89	17:33.50	535	24/03/17	City of Sheffield Premier Meet	Sheffield	NE170248	1
50 Breaststroke	31.74	30.70	546	06/05/18	East Swimming Long Course Championships 2018	Norwich	ER180213	1
100 Breaststroke	1:09.18	1:07.30	555	15/12/18	City of Leeds Xmas Meet 2018	Leeds	NE180076	3
200 Breaststroke	2:34.33	2:30.90	537	06/05/18	East Swimming Long Course Championships 2018	Norwich	ER180213	1
50 Butterfly	26.92	26.20	566	10/07/22	Northampton SC Summer Festival 2022	Corby	EM220349	3
100 Butterfly	1:00.07	58.80	557	23/06/19	2019 Long Course Summer Open	London	LR191494	1
200 Butterfly	2:29.91	2:27.80	398	14/05/17	Team Luton May Long Course Meet 2017	Luton	ER170349	1
50 Backstroke	30.25	29.60	471	05/05/18	East Swimming Long Course Championships 2018	Norwich	ER180213	1
100 Backstroke	1:06.33	1:05.10	470	24/03/19	City of Sunderland National Qualifier 2019	Sunderland	NE190554	1
200 Backstroke	2:21.34	2:19.00	496	15/04/18	Team Luton April Long Course Meet 2018	Luton	ER180341	1
200 Individual Medley	2:16.05	2:13.10	588	15/02/20	Middle East Open and Junior Championships	Dubai	GBR1302	1
400 Individual Medley	5:06.16	5:00.40	496	15/04/18	Team Luton April Long Course Meet 2018	Luton	ER180341	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	23.92	24.80	598	19/10/19	Manchester International Meet 2019	Manchester	NW190443	2
100 Freestyle	51.99	53.60	641	20/10/19	Manchester International Meet 2019	Manchester	NW190443	2
200 Freestyle	1:55.24	1:58.20	641	17/11/19	Stockport Metro November SC Open Meet	Grand Central Pools	NW192983	2
400 Freestyle	4:16.99	4:22.40	563	03/11/18	Swim England East Region Short Course Championship	Luton	ER180889	2
1500 Freestyle	17:12.78	17:32.50	551	04/11/16	East Swimming 2016 SC Championships	Luton	ER161979	2
50 Breaststroke	31.23	32.20	509	28/10/18	City of Leeds October Meet 2018	John Charles Centre	NE181849	3
100 Breaststroke	1:04.97	1:06.90	615	14/12/19	NASL London Round 3	Inspire, Luton	ER192873	2
200 Breaststroke	2:26.68	2:30.20	549	17/11/18	Stockport Metro November Short Course Open Meet	Stockport	NW182014	2
50 Butterfly	26.51	27.20	552	20/10/19	Manchester International Meet 2019	Manchester	NW190443	2
100 Butterfly	59.20	1:00.50	525	16/11/19	Stockport Metro November SC Open Meet	Grand Central Pools	NW192983	2
200 Butterfly	2:19.29	2:21.50	451	03/11/18	Swim England East Region Short Course Championship	Luton	ER180889	2
50 Backstroke	28.62	29.30	461	15/11/19	Stockport Metro November SC Open Meet	Grand Central Pools	NW192983	2
100 Backstroke	1:01.76	1:03.00	479	08/10/17	Swim England National County Team Div 2 Champs	Sheffield	ENG007	2
200 Backstroke	2:12.16	2:14.70	510	17/11/18	Stockport Metro November Short Course Open Meet	Stockport	NW182014	2
200 Individual Medley	2:10.33	2:13.30	595	17/11/18	Stockport Metro November Short Course Open Meet	Stockport	NW182014	2
400 Individual Medley	4:43.86	4:50.00	566	04/11/18	Swim England East Region Short Course Championship	Luton	ER180889	2
100 Individual Medley	1:00.79	1:00.80	532	17/11/19	Stockport Metro November SC Open Meet	Grand Central Pools	NW192983	2