

Individual Best Times (All Time)

Joseph Harouma - (802718) - Newham & University of East Lond

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.71	28.00	386	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
50 Backstroke	41.94	41.50	177	03/02/13	Bishops Stortford SC 1st Long Course Open	Basildon	ER3078	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.30	29.00	361	01/11/15	Newham & UEL Borough Champs 2015	East Ham	LR151922	4
100 Freestyle	1:07.34	1:08.60	295	20/12/15	LBRSC Last Chance County Qualifying Meet 2015	Fullwell Cross	LR150757	3
200 Freestyle	3:05.49	3:07.40	153	03/10/10	Redbridge Early Qualifier	Fullwell Cross	LR0137	3
50 Breaststroke	42.19	42.90	206	01/11/15	Newham & UEL Borough Champs 2015	East Ham	LR151922	4
50 Backstroke	37.25	37.80	209	01/11/15	Newham & UEL Borough Champs 2015	East Ham	LR151922	4
200 Individual Medley	3:36.29	3:38.10	130	02/10/10	Redbridge Early Qualifier	Fullwell Cross	LR0137	3
100 Individual Medley	1:32.70	1:32.70	150	02/10/10	Redbridge Early Qualifier	Fullwell Cross	LR0137	3