

# Individual Best Times (All Time)

Remi Benhajkacem - (873043) - Hillingdon Swimming Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	37.50	36.90	249	21/09/14	Hillingdon Autumn Open Meet	Hillingdon	LR4402	3
100 Freestyle	1:28.70	1:27.70	198	21/09/14	Hillingdon Autumn Open Meet	Hillingdon	LR4402	3
200 Freestyle	3:06.47	3:04.60	221	21/09/14	Hillingdon Autumn Open Meet	Hillingdon	LR4402	3
50 Breaststroke	46.53	45.80	246	21/09/14	Hillingdon Autumn Open Meet	Hillingdon	LR4402	3
100 Breaststroke	1:47.19	1:46.00	214	21/09/14	Hillingdon Autumn Open Meet	Hillingdon	LR4402	3
50 Backstroke	46.51	46.10	192	21/09/14	Hillingdon Autumn Open Meet	Hillingdon	LR4402	3

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.55	37.10	246	09/11/14	Hillingdon RNSS Club Championships	Hillingdon	LR4590	4
100 Freestyle	1:23.03	1:24.00	221	01/11/15	Hillingdon RNSS House Club Champs	Uxbridge	LR150687	4
200 Freestyle	2:55.29	2:57.30	249	08/03/15	Hillingdon RNSS House Club Champs	Northwood	LR150683	4
400 Freestyle	6:10.72	6:14.50	242	18/06/14	Hillingdon SC RNSS Club Championships 2014	Hillingdon	LR4585	4
50 Breaststroke	46.64	47.30	225	09/11/14	Hillingdon RNSS Club Championships	Hillingdon	LR4590	4
100 Breaststroke	1:36.07	1:37.40	273	01/11/15	Hillingdon RNSS House Club Champs	Uxbridge	LR150687	4
200 Breaststroke	3:30.50	3:33.00	261	10/05/15	Hillingdon RNSS House Club Champs	Northwood	LR150684	4
50 Butterfly	44.38	44.80	165	09/11/14	Hillingdon RNSS Club Championships	Hillingdon	LR4590	4
50 Backstroke	42.78	43.20	205	09/11/14	Hillingdon RNSS Club Championships	Hillingdon	LR4590	4
100 Backstroke	1:27.92	1:28.80	243	01/11/15	Hillingdon RNSS House Club Champs	Uxbridge	LR150687	4
200 Backstroke	3:12.07	3:13.80	237	08/03/15	Hillingdon RNSS House Club Champs	Northwood	LR150683	4
200 Individual Medley	3:12.75	3:14.80	252	10/05/15	Hillingdon RNSS House Club Champs	Northwood	LR150684	4
400 Individual Medley	7:17.46	7:21.50	207	16/10/13	Hillingdon SC RNSS Club Championships	Hillingdon	LR3648	4
100 Individual Medley	1:39.08	1:39.10	185	26/01/14	Hillingdon RNSS Club Champs	Northwood	LR4274	4