

Individual Best Times (All Time)

Tarek Eldin - (875937) - Bedford Swim Squad

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.61	28.90	352	31/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
100 Freestyle	1:05.76	1:04.50	361	31/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
200 Freestyle	2:28.35	2:26.00	325	13/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
400 Freestyle	5:21.42	5:17.00	320	14/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
50 Breaststroke	41.30	40.50	248	09/07/16	Northampton 2016 Long Course Summer Festival	Corby	EM160458	3
100 Breaststroke	1:59.21	1:58.10	108	14/07/13	Northampton Summer Festival Open Meet	Northampton	EM3406	3
50 Butterfly	32.79	32.20	313	30/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
100 Butterfly	1:15.54	1:14.50	280	09/07/16	Northampton 2016 Long Course Summer Festival	Corby	EM160458	3
200 Butterfly	3:12.98	3:11.30	186	12/07/15	Northampton Summer Festival Open Meet	Corby	EM150964	3
50 Backstroke	36.59	36.00	266	13/02/16	Bedfordshire Age Group & County Champs	Luton	ER160102	1
100 Backstroke	1:15.15	1:14.10	323	30/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1
200 Backstroke	2:56.58	2:54.70	254	07/03/15	Bedfordshire ASA County Championships	Luton	CC150189	1
200 Individual Medley	2:42.00	2:39.50	348	09/07/16	Northampton 2016 Long Course Summer Festival	Corby	EM160458	3
400 Individual Medley	5:43.88	5:38.70	350	30/01/16	Bedfordshire Age Group & County Champs	Luton	ER160101	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.91	29.60	339	20/03/16	Bishops Stortford Spring Regional Qualifier	Borehamwood	ER160141	3
100 Freestyle	1:04.15	1:05.40	341	15/05/16	Leighton Buzzard May Open Meet	Milton Keynes	ER160412	3
200 Freestyle	2:22.37	2:24.80	340	06/12/15	Linslade Crusaders Last Chance Open meet	Bletchley	ER151923	3
400 Freestyle	5:05.26	5:09.80	336	06/12/15	Linslade Crusaders Last Chance Open meet	Bletchley	ER151923	3
50 Breaststroke	39.78	40.60	246	15/05/16	Leighton Buzzard May Open Meet	Milton Keynes	ER160412	3
100 Breaststroke	1:25.56	1:27.00	269	15/05/16	Leighton Buzzard May Open Meet	Milton Keynes	ER160412	3
200 Breaststroke	3:41.38	3:43.80	159	06/10/13	Leicester Penguins Open Meet 2013	Braunstone	EM3358	3
50 Butterfly	32.70	33.30	294	19/03/16	Bishops Stortford Spring Regional Qualifier	Borehamwood	ER160141	3
100 Butterfly	1:13.82	1:14.80	271	19/03/16	Bishops Stortford Spring Regional Qualifier	Borehamwood	ER160141	3
200 Butterfly	3:02.74	3:04.50	199	25/10/15	Flitwick Dolphins Open Meet 2015	Biggleswade	ER150962	3
50 Backstroke	35.54	36.10	240	15/05/16	Leighton Buzzard May Open Meet	Milton Keynes	ER160412	3
100 Backstroke	1:13.87	1:15.00	280	06/12/15	Linslade Crusaders Last Chance Open meet	Bletchley	ER151923	3
200 Backstroke	2:46.24	2:48.20	256	05/12/15	Linslade Crusaders Last Chance Open meet	Bletchley	ER151923	3
200 Individual Medley	2:37.53	2:40.00	337	06/12/15	Linslade Crusaders Last Chance Open meet	Bletchley	ER151923	3
400 Individual Medley	5:40.73	5:45.90	327	20/03/16	Bishops Stortford Spring Regional Qualifier	Borehamwood	ER160141	3
100 Individual Medley	1:13.81	1:13.80	297	19/03/16	Bishops Stortford Spring Regional Qualifier	Borehamwood	ER160141	3