

# Individual Best Times (All Time)

Kareem Eldegwy - (919590) - Ellesmere College Titans SC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.59	30.90	290	20/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1
100 Freestyle	1:07.58	1:06.30	333	19/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1
200 Freestyle	2:17.55	2:15.00	407	15/05/16	City of Swansea Long Course Meet 2016	Swansea	WL160621	1
400 Freestyle	4:41.88	4:36.90	475	19/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1
1500 Freestyle	18:28.90	18:10.10	484	13/05/16	City of Swansea Long Course Meet 2016	Swansea	WL160621	1
50 Breaststroke	45.05	44.30	191	29/03/14	City of Sheffield SS Premier Open Meet	Sheffield	NE4316	1
100 Breaststroke	1:35.08	1:33.70	214	17/05/15	Swim Swansea Open Meet	Swansea	WL150504	1
200 Breaststroke	3:15.62	3:12.90	263	14/06/14	Midland Age Group Championships 2014	Coventry	WMR415	1
50 Butterfly	36.41	35.90	228	29/03/14	City of Sheffield SS Premier Open Meet	Sheffield	NE4316	1
100 Butterfly	1:12.79	1:11.70	313	15/05/16	City of Swansea Long Course Meet 2016	Swansea	WL160621	1
200 Butterfly	2:38.20	2:36.20	339	14/05/16	City of Swansea Long Course Meet 2016	Swansea	WL160621	1
50 Backstroke	40.10	39.60	202	29/03/14	City of Sheffield SS Premier Open Meet	Sheffield	NE4316	1
100 Backstroke	1:16.97	1:15.90	301	15/05/16	City of Swansea Long Course Meet 2016	Swansea	WL160621	1
200 Backstroke	2:36.86	2:34.70	363	19/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1
200 Individual Medley	2:37.79	2:35.30	377	15/05/16	City of Swansea Long Course Meet 2016	Swansea	WL160621	1
400 Individual Medley	5:24.07	5:18.60	419	14/05/16	City of Swansea Long Course Meet 2016	Swansea	WL160621	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.63	31.30	285	09/07/16	Wirral Metro Summer Meet 2016 (L3)	Birkenhead	NW160271	3
100 Freestyle	1:03.79	1:05.10	347	27/03/16	City of Birmingham 23rd Open Meet	Birmingham	WM160128	2
200 Freestyle	2:14.58	2:17.10	402	28/03/16	City of Birmingham 23rd Open Meet	Birmingham	WM160128	2
400 Freestyle	4:36.50	4:41.50	452	26/03/16	City of Birmingham 23rd Open Meet	Birmingham	WM160128	2
1500 Freestyle	18:12.19	18:30.90	466	27/02/16	Shropshire ASA County Age Group Championships	Wolverhampton	WM160039	2
50 Breaststroke	39.68	40.50	248	09/07/16	Wirral Metro Summer Meet 2016 (L3)	Birkenhead	NW160271	3
100 Breaststroke	1:24.70	1:26.20	278	10/07/16	Wirral Metro Summer Meet 2016 (L3)	Birkenhead	NW160271	3
200 Breaststroke	2:53.43	2:56.40	332	15/10/16	Shrewsbury Autumn Meet 2016	Wolverhampton	WM160962	3
50 Butterfly	33.84	34.40	265	09/07/16	Wirral Metro Summer Meet 2016 (L3)	Birkenhead	NW160271	3
100 Butterfly	1:12.21	1:13.30	289	09/07/16	Wirral Metro Summer Meet 2016 (L3)	Birkenhead	NW160271	3
200 Butterfly	2:35.32	2:37.30	325	26/03/16	City of Birmingham 23rd Open Meet	Birmingham	WM160128	2
50 Backstroke	35.23	35.80	247	10/07/16	Wirral Metro Summer Meet 2016 (L3)	Birkenhead	NW160271	3
100 Backstroke	1:12.92	1:14.00	291	10/07/16	Wirral Metro Summer Meet 2016 (L3)	Birkenhead	NW160271	3
200 Backstroke	2:30.77	2:33.00	343	27/03/16	City of Birmingham 23rd Open Meet	Birmingham	WM160128	2
200 Individual Medley	2:33.87	2:36.40	361	27/03/16	City of Birmingham 23rd Open Meet	Birmingham	WM160128	2
400 Individual Medley	5:19.19	5:24.60	398	21/02/16	Shropshire ASA County Age Group Championships	Wolverhampton	WM160038	2
100 Individual Medley	1:14.82	1:14.80	285	06/12/15	Wyre Forest Christmas County Qualifier 2015	Wolverhampton	WM150897	3