

Individual Best Times (All Time)

Samuel Seyoum - (925724) - London Borough of Redbridge SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.18	29.50	332	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Freestyle	1:07.49	1:06.20	334	03/01/16	BWFSC New Year Meet 2016	London	LR160191	3
50 Backstroke	37.27	36.70	252	03/01/16	BWFSC New Year Meet 2016	London	LR160191	3
100 Backstroke	1:20.55	1:19.50	262	03/01/16	BWFSC New Year Meet 2016	London	LR160191	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.32	29.00	360	29/10/16	Essex Senior Winter Championships 2016	Basildon	ER161065	2
100 Freestyle	1:02.57	1:03.90	368	01/10/16	LBRS Early Chance October Meet	Ilford	LR160961	3
200 Freestyle	2:19.96	2:22.40	357	30/10/16	Essex Senior Winter Championships 2016	Basildon	ER161065	2
400 Freestyle	4:58.04	5:02.70	361	29/10/16	Essex Senior Winter Championships 2016	Basildon	ER161065	2
50 Breaststroke	42.22	43.00	206	03/10/15	LBRS Early County & Regional Qualifier	Fullwell Cross	LR150599	3
100 Breaststroke	1:48.91	1:50.10	130	20/04/13	London Borough of Redbridge Regional Meet	Barking	LR3016	3
200 Breaststroke	3:54.13	3:56.40	135	06/01/13	Redbridge Winter Meet 2013	Barkingside	LR3002	3
50 Butterfly	36.23	36.80	216	02/10/16	LBRS Early Chance October Meet	Ilford	LR160961	3
100 Butterfly	1:52.71	1:53.40	76	08/12/12	Borough of Waltham Forest Winter Open Meet	Waltham	LR2178	3
50 Backstroke	34.39	35.00	265	30/10/16	Essex Senior Winter Championships 2016	Basildon	ER161065	2
100 Backstroke	1:13.10	1:14.20	289	19/11/16	Hastings Santa Chaser Open Meet	Hastings	SE161498	2
200 Backstroke	2:37.86	2:40.00	299	28/11/15	Harlow Penguins 4th Winter Open Meet	Harlow	ER152073	3
200 Individual Medley	2:44.59	2:47.00	295	01/10/16	LBRS Early Chance October Meet	Ilford	LR160961	3
400 Individual Medley	6:41.27	6:45.60	200	19/10/13	Romford Town SC 7th SC Meet	Enfield	LR3653	3
100 Individual Medley	1:25.34	1:25.30	192	21/06/15	Enfield Swim Squad Summer Open Meet	Southbury	LR150874	3