

Individual Best Times (All Time)

Emile Barou - (955270) - Camden Swiss Cottage SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.68	27.90	387	27/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
100 Freestyle	59.50	58.10	488	06/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
200 Freestyle	2:12.08	2:09.40	460	27/01/19	2019 Middlesex County Championships	London	LR190268	1
400 Freestyle	5:07.65	5:03.00	366	01/05/17	2017 London Swimming Regional Youth Championships	Stratford	LR170800	1
50 Breaststroke	33.74	32.80	454	26/01/19	2019 Middlesex County Championships	London	LR190268	1
100 Breaststroke	1:13.93	1:12.20	455	26/01/19	2019 Middlesex County Championships	London	LR190268	1
200 Breaststroke	2:43.23	2:40.00	454	27/01/19	2019 Middlesex County Championships	London	LR190268	1
50 Butterfly	31.42	30.80	356	28/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
100 Butterfly	1:16.11	1:15.10	274	03/01/16	BWFSC New Year Meet 2016	London	LR160191	3
200 Butterfly	3:22.54	3:21.00	161	26/06/15	52nd International Swim Meet	Darmstadt	GBR169	1
50 Backstroke	30.67	30.00	452	05/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
100 Backstroke	1:08.32	1:07.10	430	04/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
200 Backstroke	2:30.47	2:28.20	411	06/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
200 Individual Medley	2:33.82	2:31.20	407	28/01/18	MCASA 2018 County Age Group & Youth Championships	London	LR180226	1
400 Individual Medley	5:32.38	5:27.00	388	30/04/17	2017 London Swimming Regional Youth Championships	Stratford	LR170800	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.99	26.80	466	21/12/19	Hillingdon The Fast and The Festive FINIS Meet	Hillingdon	LR192991	2
100 Freestyle	55.90	57.40	516	02/11/19	2019 London Region Winter Championships	London	LR192817	2
200 Freestyle	2:04.06	2:06.80	513	03/11/19	2019 London Region Winter Championships	London	LR192817	2
400 Freestyle	4:36.76	4:41.80	451	21/12/19	Hillingdon The Fast and The Festive FINIS Meet	Hillingdon	LR192991	2
1500 Freestyle	24:28.28	24:42.30	191	04/10/14	Middlesex Winter Development Meet	Southbury	LR14036	3
50 Breaststroke	32.71	33.70	443	02/11/19	2019 London Region Winter Championships	London	LR192817	2
100 Breaststroke	1:11.18	1:12.90	468	08/12/18	The NASL - London - Rounds 2018 - Div 1 & 2	Westminster Lodge	ER182085	3
200 Breaststroke	2:40.67	2:43.90	418	01/12/18	Ealing Christmas County Qualifier	Northolt LC	LR181021	3
50 Butterfly	28.85	29.50	428	14/05/21	Camden Swiss Cottage Swimming Club	Swiss Cottage LC	LEX1159	0
100 Butterfly	1:05.52	1:06.70	387	10/03/19	Ealing Regional Qualifier 2019	Northolt LC	LR190006	3
200 Butterfly	2:38.22	2:40.20	307	25/02/17	ESC February L3 Open	Northolt	LR170029	3
50 Backstroke	29.22	29.90	433	22/12/19	Hillingdon The Fast and The Festive FINIS Meet	Hillingdon	LR192991	2
100 Backstroke	1:03.03	1:04.30	450	09/11/19	NASL London Round 2	Inspire, Luton	ER192866	3
200 Backstroke	2:27.33	2:29.60	368	10/03/19	Ealing Regional Qualifier 2019	Northolt LC	LR190006	3
200 Individual Medley	2:16.74	2:19.60	515	09/11/19	NASL London Round 2	Inspire, Luton	ER192866	3
400 Individual Medley	5:34.36	5:39.60	346	20/11/16	Aquae Sulis Autumn Level 2 Meet	Bristol	SW162363	2
100 Individual Medley	1:05.86	1:05.90	418	09/03/19	Ealing Regional Qualifier 2019	Northolt LC	LR190006	3