

Individual Best Times (All Time)

Junayna Ahmed - (959545) - Newham & University of East Lond

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.14	29.40	480	22/01/22	Swim England Essex Age Group Championships 2022	London	ER220048	1
100 Freestyle	1:04.42	1:03.10	517	14/12/19	RTSC Christmas Cracker	Stratford	LR192156	3
200 Freestyle	2:17.69	2:15.10	550	17/02/19	Essex Age Group Champs 2019	Basildon	ER190211	1
400 Freestyle	4:49.66	4:44.80	536	03/02/19	Essex Age Group Champs 2019	Basildon	ER190210	1
800 Freestyle	9:51.48	9:41.60	550	05/04/19	City of Bristol International Open Meet	Hengrove Park	SW191151	1
1500 Freestyle	18:47.78	18:29.30	543	04/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
50 Breaststroke	44.12	43.40	288	06/02/16	Essex Age Group Championships 2016	London	ER160003	1
100 Breaststroke	1:39.20	1:37.90	270	21/01/17	Essex Age Group Championships 2017	Basildon	ER170022	1
200 Breaststroke	3:25.08	3:22.50	301	19/02/17	Essex Age Group Championships 2017	Basildon	ER170025	1
50 Butterfly	33.04	32.50	404	22/01/22	Swim England Essex Age Group Championships 2022	London	ER220048	1
100 Butterfly	1:11.06	1:10.00	475	18/03/18	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	SE180085	1
200 Butterfly	2:30.54	2:28.40	529	06/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	LR191253	1
50 Backstroke	37.72	37.20	361	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Backstroke	1:21.40	1:20.40	349	17/07/16	BWFSC Summer Meet 2016	London	LR161026	3
200 Backstroke	2:43.57	2:41.50	426	18/03/17	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	SE170371	1
200 Individual Medley	2:37.92	2:35.40	509	01/03/20	Essex Age Group Championships 2020	Basildon	ER200175	1
400 Individual Medley	5:29.70	5:24.30	524	20/04/19	BPSC Easter Meet 2019	Basildon	ER190188	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.95	29.70	496	17/10/21	Swim England Essex Winter Championships 2021	Basildon	ER210501	2
100 Freestyle	1:01.48	1:02.80	546	16/10/21	Swim England Essex Winter Championships 2021	Basildon	ER210501	2
200 Freestyle	2:11.59	2:14.20	589	14/03/20	BPSC Spring Regional Qualifier 2020	Basildon	ER200476	3
400 Freestyle	4:33.61	4:38.70	604	15/03/20	BPSC Spring Regional Qualifier 2020	Basildon	ER200476	3
800 Freestyle	9:42.38	9:52.20	550	13/07/18	Summer at Dagenham	Dagenham	LR180251	3
1500 Freestyle	18:54.77	19:12.80	512	18/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
50 Breaststroke	40.25	41.00	350	16/12/17	Christmas at Dagenham 2017 Open Meet	Dagenham	LR170717	3
100 Breaststroke	1:28.56	1:30.00	349	16/07/17	Summer at Dagenham 2017 Open Meet	Dagenham	LR170716	3
200 Breaststroke	3:01.82	3:04.70	405	16/12/18	Barking & Dagenham Christmas at "Blue Light Pool"	Becontree	LR182550	3
50 Butterfly	32.04	32.60	440	16/10/21	Swim England Essex Winter Championships 2021	Basildon	ER210501	2
100 Butterfly	1:08.53	1:09.60	490	16/12/18	Barking & Dagenham Christmas at "Blue Light Pool"	Becontree	LR182550	3
200 Butterfly	2:27.79	2:29.90	530	29/09/18	Romford Town 8th David Jacobs Memorial Gala	Romford	LR181739	3
50 Backstroke	34.46	35.00	393	16/12/18	Barking & Dagenham Christmas at "Blue Light Pool"	Becontree	LR182550	3
100 Backstroke	1:13.64	1:14.70	414	16/12/18	Barking & Dagenham Christmas at "Blue Light Pool"	Becontree	LR182550	3
200 Backstroke	2:35.37	2:37.50	448	15/12/18	Barking & Dagenham Christmas at "Blue Light Pool"	Becontree	LR182550	3
200 Individual Medley	2:32.63	2:35.20	508	10/11/18	The NASL - London - Rounds 2018 - Div 1 & 2	Becontree	ER182078	3
400 Individual Medley	5:20.85	5:26.30	525	19/01/19	Essex Age Group Champs 2019	Basildon	ER190208	2
100 Individual Medley	1:12.75	1:12.80	468	16/12/18	Barking & Dagenham Christmas at "Blue Light Pool"	Becontree	LR182550	3