

Individual Best Times (All Time)

Riyan Salem - (959795) - Anaconda SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.51	28.80	355	13/04/13	Bexley SC Long Course Open Meet	London	LR3128	1
100 Breaststroke	1:10.75	1:09.00	519	17/05/14	MCASA Long Course Championships 2014	Surrey	LR4553	1
200 Breaststroke	2:37.97	2:34.60	501	17/05/14	MCASA Long Course Championships 2014	Surrey	LR4553	1
200 Butterfly	2:42.25	2:40.30	314	09/02/14	Derventio Excel February Festival	Sheffield	EM4028	1
200 Individual Medley	2:28.78	2:26.10	449	17/05/14	MCASA Long Course Championships 2014	Surrey	LR4553	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.70	28.40	385	22/03/14	Middlesex County Championships	Enfield	CC4096	2
100 Freestyle	58.37	59.80	453	20/06/14	Hackney & Islington Summer Championships	London	LR4774	4
200 Freestyle	2:15.36	2:17.90	395	19/07/14	Barking & Dagenham Summer Gala	Dagenham	LR4626	3
400 Freestyle	4:52.56	4:57.30	381	26/04/14	MCASA Development Meet	Enfield	LR4480	3
1500 Freestyle	20:36.35	20:53.00	321	21/04/13	MCASA Spring Development Meet	Southbury	LR3345	3
50 Breaststroke	32.32	33.30	460	10/05/14	Barnet Cophall Kate Lack Trophy Meet	Hendon	LR4458	3
100 Breaststroke	1:10.02	1:11.80	492	21/06/14	Hackney & Islington Summer Championships	London	LR4774	4
200 Breaststroke	2:34.09	2:37.50	474	22/03/14	Middlesex County Championships	Enfield	CC4096	2
50 Butterfly	29.35	30.00	406	02/03/14	MCASA Bagcat & Youth Competitions 2014	Enfield	CC4093	2
100 Butterfly	1:02.89	1:04.10	438	20/06/14	Hackney & Islington Summer Championships	London	LR4774	4
200 Butterfly	2:20.23	2:22.50	442	19/07/14	Barking & Dagenham Summer Gala	Dagenham	LR4626	3
50 Backstroke	32.90	33.50	303	11/05/14	Barnet Cophall Kate Lack Trophy Meet	Hendon	LR4458	3
100 Backstroke	1:08.05	1:09.20	358	21/06/14	Hackney & Islington Summer Championships	London	LR4774	4
200 Backstroke	2:34.06	2:36.20	322	07/12/13	Hackney & Islington Winter Championships	Hackney	LR31004	4
200 Individual Medley	2:23.09	2:25.80	449	20/07/14	Barking & Dagenham Summer Gala	Dagenham	LR4626	3
400 Individual Medley	5:03.26	5:09.00	464	19/07/14	Barking & Dagenham Summer Gala	Dagenham	LR4626	3
100 Individual Medley	1:04.86	1:04.90	438	21/06/14	Hackney & Islington Summer Championships	London	LR4774	4