

Individual Best Times (All Time)

Ismail Ayad - (1281934) - Newham & University of East Lond - 50 Backstroke - Long Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
31.44	420	H	01/05/22	SE London Summer Championships 2022	Stratford		1
31.59	414	F	24/07/22	NUEL SC End of Season Open Meet 2022	London Aquatics Cntr		3
32.16	392	H	22/01/22	Swim England Essex Age Group Championships 2022	London	Bo Newham	1
32.33	386	F	07/05/22	NUEL SC National Qualifier Open Meet 2022	Stratford		1
33.69	341	H	01/02/20	Essex Age Group Championships 2020	London	Bo Newham	1
34.01	332	F	08/03/20	NUEL Regional Qualifying Meet 2020	London	Bo Newham	3
35.01	304	H	15/12/19	RTSC Christmas Cracker	Stratford	Bo Newham	3
35.45	293	F	28/07/19	NUEL Non National Qualifiers Meet 2019	London Aquatic	Bo Newham	3
36.35	271	H	02/02/19	ESSEX AGE GROUP CHAMPS 2019	LONDON	Bo Newham	1
42.35	171	H	14/07/18	RTSC End of Season Open Meet 2018	London Aquatic Ctr	Bo Newham	3
42.47	170	H	15/07/17	RTSC End of Season Meet 2017	London	London Aquat	3
45.24	141	H	26/11/16	Romford Town County Qualifiers Meet 2016	London	London Aquat	3

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45.24

141

H

26/11/16

Romford Town County Qualifiers Meet 2016

London

London Aquat

3