

Individual Best Times (All Time)

Karem Amakye - (1506812) - White Oak SC - 200 Breaststroke - 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
2:37.39	506	H	10/03/24	Kent County Championships 2024	Stratford	White Oak	1
2:38.31	497	H	06/05/24	SE South East Region LC Championships 2024	High Wycombe		1
2:38.99	491	F	06/05/24	SE South East Region LC Championships 2024	High Wycombe		1
2:41.56	468	F	27/05/24	AP Race International 2024	London	White Oak	1
2:41.88	465	H	27/05/24	AP Race International 2024	London	White Oak	1
2:42.37	461	F	07/04/24	Crawley Spring L1 Open Meet LC 2024	Crawley		1
2:43.28	453	H	29/05/23	AP Race International 2023	London	White Oak	1
2:44.58	443	F	09/04/23	Crawley Spring L1 Open Meet LC 2023	Crawley		1
2:44.82	441	F	29/05/23	AP Race International 2023	London	White Oak	1
2:47.33	421	F	24/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	White Oak	1

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