## Individual Best Times (All Time)

Rami Elias - (706933) - Windsor SC - 100 Backstroke - Long Course

Performance Graph

## Swims in Time Order

Drag to Zoom, right click to reset.

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Leve
1:04.18	519	F	16/11/14	Aquae Sulis Grand Prix	Bristol	Windsor	1
1:05.14	497	F	19/11/17	Team Bath AS Autumn Level 1 & Level 3 Open Meet	Hengrove	Windsor	1
1:05.29	493	F	02/04/16	Guildford City Springboard Level 1 Open Meet	Guildford	Windsor	1
1:05.35	492	Н	31/03/18	Beckenham SC 125th Anniversary International Open	London	Windsor	1
1:05.72	484	Н	19/03/16	Rushmoor Royals L1 Spring National Qualifier	Aldershot	Windsor	1
1:05.80	482	Н	25/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot		1
1:06.11	475	F	19/07/14	Portsmouth Northsea SC PN End of Season Meet	Portsmouth	Windsor	3
1:06.57	465		04/05/14	ASA South East Region Youth Championships	Crawley	Windsor	1
1:06.76	461	F	08/02/14	Wycombe District Annual LC Open Meet	Wycombe	Windsor	1
1:06.77	461	Н	19/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	Windsor	1
1:07.74	441	F	12/01/14	Portsmouth Northsea New Year Open Meet	Portsmouth	Windsor	1
1:07.78	441	F	16/11/13	City of Cardiff Capital Open Meet	Cardiff	Windsor	1
1:08.46	428	F	13/07/13	Portsmouth Northsea End of Season Meet	Portsmouth	Windsor	3
1:09.56	408	Н	18/05/13	Northampton Spring Meet 2013	Corby	Windsor	1
1:09.60	407	F	18/05/13	Northampton Spring Meet 2013	Corby	Windsor	1
1:10.10	398	F	29/03/13	Portsmouth Northsea Easter Festival 2013	Portsmouth	Windsor	1
1:11.18	380	F	17/11/12	Welsh Capital Open Meet 2012	Cardiff	Windsor	1
1:11.47	376	F	16/02/13	Wycombe District Annual LC Open Meet	Wycombe	Windsor	1
1:13.68	343	Н	13/05/12	Beckenham International Open Meet	London	Windsor	1
1:14.25	335	Н	22/04/12	National Arena League 'B' Final	Sheffield	Windsor	1
1:14.26	335	F	14/07/12	Portsmouth Northsea End of Season Meet	Portsmouth	Windsor	3
1:14.33	334	Н	06/04/12	Portsmouth Northsea Easter Festival	Portsmouth	Windsor	1
1:17.67	293	F	11/02/12	Wycombe District Open Meet 2012	Wycombe	Windsor	1
1:18.28	286	н	10/12/11	National Arena League - South Premier Divi	Crawley	Windsor	1
1:18.93	279	Н	07/05/11	Berks & South Bucks No Frills Meet	Aldershot	Windsor	1
1:23.95	232	н	09/04/11	Bracknell & Wokingham Open Meet	Aldershot	Windsor	3
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## Swims in Date Order

Date	Meet	Venue	Club Swam Under	Level
31/03/18	Beckenham SC 125th Anniversary International Open	London	Windsor	1
19/11/17	Team Bath AS Autumn Level 1 & Level 3 Open Meet	Hengrove	Windsor	1
02/04/16	Guildford City Springboard Level 1 Open Meet	Guildford	Windsor	1
19/03/16	Rushmoor Royals L1 Spring National Qualifier	Aldershot	Windsor	1
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16/11/14	Aquae Sulis Grand Prix	Bristol	Windsor	1
25/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot		1
19/07/14	Portsmouth Northsea SC PN End of Season Meet	Portsmouth	Windsor	3
04/05/14	ASA South East Region Youth Championships	Crawley	Windsor	1
19/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	Windsor	1
08/02/14	Wycombe District Annual LC Open Meet	Wycombe	Windsor	1
12/01/14	Portsmouth Northsea New Year Open Meet	Portsmouth	Windsor	1
16/11/13	City of Cardiff Capital Open Meet	Cardiff	Windsor	1
13/07/13	Portsmouth Northsea End of Season Meet	Portsmouth	Windsor	3
18/05/13	Northampton Spring Meet 2013	Corby	Windsor	1
18/05/13	Northampton Spring Meet 2013	Corby	Windsor	1
29/03/13	Portsmouth Northsea Easter Festival 2013	Portsmouth	Windsor	1
16/02/13	Wycombe District Annual LC Open Meet	Wycombe	Windsor	1
17/11/12	Welsh Capital Open Meet 2012	Cardiff	Windsor	1
14/07/12	Portsmouth Northsea End of Season Meet	Portsmouth	Windsor	3
13/05/12	Beckenham International Open Meet	London	Windsor	1
22/04/12	National Arena League 'B' Final	Sheffield	Windsor	1
06/04/12	Portsmouth Northsea Easter Festival	Portsmouth	Windsor	1
11/02/12	Wycombe District Open Meet 2012	Wycombe	Windsor	1
10/12/11	National Arena League - South Premier Divi	Crawley	Windsor	1
07/05/11	Berks & South Bucks No Frills Meet	Aldershot	Windsor	1
09/04/11	Bracknell & Wokingham Open Meet	Aldershot	Windsor	3
10/04/10	Bracknell & Wokingham	Aldershot	Windsor	3
	09/04/11	09/04/11 Bracknell & Wokingham Open Meet	09/04/11 Bracknell & Wokingham Open Meet Aldershot	09/04/11 Bracknell & Wokingham Open Meet Aldershot Windsor