

Individual Best Times (All Time)

Tariq Ukkash - (818772) - Windsor SC - 200 Individual Medley - 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
2:48.36	310	H	19/03/16	Rushmoor Royals L1 Spring National Qualifier	Aldershot	Windsor	1
2:49.44	304	F	16/11/14	Aquae Sulis Grand Prix	Bristol	Windsor	1
2:49.61	303	F	11/04/15	Guildford City Inaugural Level 1 Long Course Meet	Guildford	Windsor	1
2:52.54	288	H	26/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot		1
2:54.65	278	H	14/06/14	ASA South East Region Age Group Championships	Crawley	Windsor	1
2:56.87	267	H	18/05/14	Bracknell & Wokingham SC L1 Open Meet	Aldershot	Windsor	1
2:57.07	266	F	20/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	Windsor	1
2:58.87	258	F	13/04/14	Crawley Spring Open Meet	Crawley	Windsor	1
3:00.76	250	F	09/02/14	Wycombe District Annual LC Open Meet	Wycombe	Windsor	1
3:01.81	246	F	17/11/13	City of Cardiff Capital Open Meet	Cardiff	Windsor	1
3:07.48	224		08/06/13	ASA South East Region Age Group Championships 2013	Crawley	Windsor	1
3:07.78	223	H	13/04/13	Bexley SC Long Course Open Meet	London	Windsor	1
3:10.22	215	H	18/05/13	Bracknell & Wokingham Level 1 Open Meet	Aldershot	Windsor	1
3:11.13	212	F	14/07/13	Portsmouth Northsea End of Season Meet	Portsmouth	Windsor	3
3:13.73	203	H	30/03/13	Rushmoor Royals & Hart SC Easter Open Meet	Aldershot	Windsor	3
3:15.18	199	F	17/02/13	Wycombe District Annual LC Open Meet	Wycombe	Windsor	1
3:41.43	136	H	30/10/11	Rushmoor Royals 9th Autumn Open Meet	Aldershot	Windsor	1
3:51.87	118	F	20/11/11	Bath Grand Prix	Bath	Windsor	1
3:53.98	115	F	15/10/11	Wycombe District SC Annual B C Meet	High Wycombe	Windsor	3

Swims in Date Order

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