

Individual Best Times (All Time)

Ismail Ayad - (1281934) - Newham & University of East Lond - 100 Backstroke - Short 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
1:05.48	402	H	29/01/22	Swim England Essex Age Group Championships 2022	Basildon	Bo Newham	2
1:07.26	371	F	04/12/21	NUEL Late County Qualifier Open Meet 2021	Stratford		3
1:08.21	355	H	16/10/21	Swim England Essex Winter Championships 2021	Basildon	Bo Newham	2
1:09.62	334	F	09/10/21	NUEL Early County Qualifier Open Meet 2021	London		3
1:09.91	330	H	14/03/20	Harlow Penguins 2020 Regional Qualifier Open Meet	Harlow	Bo Newham	3
1:10.31	324	F	30/05/21	Newham & University of East London (UEL)	East Ham LC		0
1:11.19	312	F	13/06/21	Newham & UEL	East Ham		0
1:12.50	296	F	07/12/19	Christmas at The Blue Light Pool 2019	Becontree	Bo Newham	3
1:13.93	279	F	05/07/21	Newham & University of East London	London		0
1:14.17	276	F	10/11/19	NUEL Winter Invitational Meet 2019	East Ham	Bo Newham	4
1:14.90	268	F	12/10/19	NUEL Early County Qualifier Open Meet 2019	London Aquatic Ctr	Bo Newham	3
1:17.31	244	F	02/06/19	N&UEL Summer Invitational Meet 2019	East Ham	Bo Newham	4
1:17.43	243	H	18/05/19	Cheshunt Anniversary Open Meet	Harlow	Bo Newham	3
1:18.96	229	F	24/03/19	NUEL Non County Qualifier Spring Time Trial 2019	East Ham	Bo Newham	4
1:21.60	207	F	03/03/19	Enfield Spring Regional Qualifier	Enfield	Bo Newham	3
1:22.75	199	H	17/03/19	Bishops Stortford Spring Open Meet	Borehamwood	Bo Newham	3
1:22.95	197	H	29/09/18	Romford Town 8th David Jacobs Memorial Gala	Romford	Bo Newham	3
1:23.25	195	F	15/12/18	Barking & Dagenham Christmas at "Blue Light Pool"	Becontree	Bo Newham	3
1:23.49	193	H	24/11/18	Harlow Penguins 2018 Winter Open Meet	Harlow	Bo Newham	3
1:27.92	166	F	11/11/18	NUEL Winter Invitational Meet 2018	East Ham	Bo Newham	4
1:28.46	163	H	21/07/18	BPSC End Of Season Meet 2018	Basildon	Bo Newham	3
1:30.80	150	F	01/07/18	N&UEL Club Championships 2018	East Ham LC	Bo Newham	4
1:33.26	139	F	12/11/17	N&UEL Borough Championships & Invitational Meet	East Ham	Bo Newham	4
1:33.79	136	F	18/12/16	Barking & Dagenham AC Christmas at Dagenham	Dagenham	London Aquat	3
1:35.34	130	H	27/01/18	RTSC Non- County Qualifiers Meet	Braintree	Bo Newham	3
1:35.38	130	F	04/06/17	N&UEL Summer Invitational Meet 2017	East Ham		4
1:39.05	115	F	02/10/16	BPSC Early Season October Meet	Uford		2

1:39.23	113	F	02/10/16	LBRS Early Chance October Meet	Ilford		
1:50.58	83	H	18/06/16	Thurrock Summer Sprint Meet 2016	Thurrock	London Aquat	3
1:51.92	80	F	27/03/16	LBRSC Last Chance Regional Meet 2016	Fullwell Cross		3

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