

Individual Best Times (All Time)

Adel Elfakir - (448806) - Northampton Water Polo Club - 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
55.80	649	F	01/10/17	Cambridge Grand Prix	Cambridge	Northampton	2
56.09	639	F	19/11/17	The 2017 Leicester Open Meet	Braunstone	Northampton	2
56.37	630	F	23/10/16	Meeting National d'Automne	Compiegne	Northampton	2
56.90	612	F	06/11/16	Midland Short Course Championships 2016	Nottingham	Northampton	2
57.01	609	H	17/12/16	ASA Winter Meet 2016	Sheffield	Northampton	2
57.49	594	F	22/11/15	The Leicester Open Meet	Leicester	Northampton	2
57.58	591	H	22/11/15	The Leicester Open Meet	Leicester	Northampton	2
57.64	589	H	01/10/17	Cambridge Grand Prix	Cambridge	Northampton	2
57.65	589	H	19/11/17	The 2017 Leicester Open Meet	Braunstone	Northampton	2
58.01	578	H	03/10/15	Derventio Excel 5th Short Course Open Metet	Matlock	Northampton	2
58.06	576	H	06/11/16	Midland Short Course Championships 2016	Nottingham	Northampton	2
58.23	571	F	08/11/15	Midland 2015 Short Course Championships	Nottingham	Northampton	2
58.61	560	H	08/11/15	Midland 2015 Short Course Championships	Nottingham	Northampton	2
59.85	526	H	23/10/16	Meeting National d'Automne	Compiegne	Northampton	2
1:00.24	516	H	11/01/14	City of Cambridge Winter Meet	Cambridge	Northampton	2
1:00.32	514	H	16/11/14	City Of Leicester Winter Short Course Meet	Leicester	Northampton	2
1:00.47	510	H	07/12/14	Midland Short Course Championships	Rugby	Northampton	2
1:00.60	507	H	30/11/13	Nuneaton & Bedworth Winter Meet	Nuneaton	Northampton	2
1:00.85	501	H	08/12/13	Midland Short Course 2013	Stafford	Northampton	2
1:02.86	454	H	20/04/13	The 2013 Leicester Age Group Meet	Braunstone	Northampton	2
1:03.22	446	F	20/04/13	The 2013 Leicester Age Group Meet	Braunstone	Northampton	2
1:03.75	435	H	20/01/13	Windsor Level 2 Licensed Meet	Maidenhead	Northampton	2
1:04.05	429	H	28/10/12	Flitwick Dolphins Open Meet	Flitwick	Northampton	3
1:05.50	401	F	02/12/12	City of Peterborough Winter Open Meet	Peterborough	Northampton	3
1:06.44	384	F	22/01/12	Biggleswade Open Meet	Biggleswade	Northampton	3
1:07.06	374		14/04/12	City Of Leicester 2012 Age Group Meet	Braunstone	Northampton	2
1:11.10	277		11/04/10	Rushby Open Meet	Rushby	Northampton	2

1:14.10	277		11/04/10	Rugby Open Meet	Rugby	Northampton	
1:20.12	219	H	24/01/10	Windsor Level 2 Open Meet	Maidenhead	Northampton	2
1:20.33	217		08/03/09	Northamptonshire County Ch	Daventry	Northampton	2
1:20.45	216		25/04/09	City of Leicester Age Gp	Braunstone	Northampton	2
1:26.07	177		25/01/09	Biggleswade Open Meet	Biggleswade	Northampton	2

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