

Individual Best Times (All Time)

Aisha Karouai - (490097) - Putteridge Swimming Club - 200 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
2:46.50	364	H	25/06/16	Putteridge 2016 Club Championship - Gala 1	Hitchin	Putteridge	4
2:49.17	347	F	10/05/15	Mid Beds Swim Squad Level 3 Open Meet	Biggleswade	Dunstable	3
2:51.13	335	F	29/11/15	Hitchin County Qualifier Open Meet 2015	Borehamwood		3
2:51.73	332	H	25/10/14	Flitwick Dolphins Open Meet	Biggleswade		3
2:51.73	332	F	04/10/15	Harpenden SC Legacy Open Meet 2015	Borehamwood	Dunstable	3
2:53.02	324	F	19/01/13	Biggleswade SC 14th Open meet	Biggleswade	Team Luton	3
2:53.06	324	H	24/01/15	Dunstable Splash Night	Dunstable		4
2:54.83	314	F	28/06/15	The Terry Davies Alternative Nationals	Watford	Dunstable	3
2:58.44	296	H	25/02/12	Bedfordshire County Championships	Biggleswade	Team Luton	2
3:01.07	283	H	13/05/12	Mid Beds Open Meet	Biggleswade	Team Luton	2
3:01.28	282	F	22/01/12	Biggleswade Open Meet	Biggleswade	Team Luton	3
3:01.88	279	F	29/04/12	City of Milton Keynes Spring Open Meet	Bletchley	Team Luton	2
3:05.84	262	H	26/05/12	Team Luton Club Championships	Luton	Team Luton	4
3:06.44	259	H	06/11/11	Braintree & Bocking 200 Meet	Braintree	Team Luton	3
3:06.73	258	H	14/01/12	Team Luton 200 & 400 Development Meet	Luton	Team Luton	4
3:06.80	258	F	27/11/11	Hitchin SC Open Meet 2011	Hitchin	Team Luton	3
3:16.40	222	H	03/09/11	Team Luton Club Championships	Hitchin	Team Luton	4
3:27.58	188	H	05/03/11	Bedfordshire County Championships	Biggleswade	Team Luton	2
3:29.46	183	H	07/11/10	Braintree & Bocking 200	Braintree	Team Luton	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:46.50	364	H	25/06/16	Putteridge 2016 Club Championship - Gala 1	Hitchin	Putteridge	4
2:51.13	335	F	29/11/15	Hitchin County Qualifier Open Meet 2015	Borehamwood		3
2:51.73	332	F	04/10/15	Harpenden SC Legacy Open Meet 2015	Borehamwood	Dunstable	3
2:54.83	314	F	28/06/15	The Terry Davies Alternative Nationals	Watford	Dunstable	3

2:49.17	347	F	10/05/15	Mid Beds Swim Squad Level 3 Open Meet	Biggleswade	Dunstable	3
2:53.06	324	H	24/01/15	Dunstable Splash Night	Dunstable		4
2:51.73	332	H	25/10/14	Flitwick Dolphins Open Meet	Biggleswade		3
2:53.02	324	F	19/01/13	Biggleswade SC 14th Open meet	Biggleswade	Team Luton	3
3:05.84	262	H	26/05/12	Team Luton Club Championships	Luton	Team Luton	4
3:01.07	283	H	13/05/12	Mid Beds Open Meet	Biggleswade	Team Luton	2
3:01.88	279	F	29/04/12	City of Milton Keynes Spring Open Meet	Bletchley	Team Luton	2
2:58.44	296	H	25/02/12	Bedfordshire County Championships	Biggleswade	Team Luton	2
3:01.28	282	F	22/01/12	Biggleswade Open Meet	Biggleswade	Team Luton	3
3:06.73	258	H	14/01/12	Team Luton 200 & 400 Development Meet	Luton	Team Luton	4
3:06.80	258	F	27/11/11	Hitchin SC Open Meet 2011	Hitchin	Team Luton	3
3:06.44	259	H	06/11/11	Braintree & Bocking 200 Meet	Braintree	Team Luton	3
3:16.40	222	H	03/09/11	Team Luton Club Championships	Hitchin	Team Luton	4
3:27.58	188	H	05/03/11	Bedfordshire County Championships	Biggleswade	Team Luton	2
3:29.46	183	H	07/11/10	Braintree & Bocking 200	Braintree	Team Luton	3