

Individual Best Times (All Time)

Aisha Karouai - (490097) - Putteridge Swimming Club - 200 Individual Medley - 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
2:48.61	377	F	22/05/16	Hemel Hempstead 5th Spring Development Meet	Hemel Hempstead	Putteridge	3
2:53.47	346	F	12/03/16	Watford Regional Qualifier	Watford		3
2:55.56	334	F	03/10/15	Harpenden SC Legacy Open Meet 2015	Borehamwood	Dunstable	3
2:55.79	333	H	20/06/15	Dunstable Club Championships	Dunstable		4
2:56.51	329	H	25/04/15	Dunstable Splash Night	Dunstable		4
2:59.20	314	H	26/10/14	Flitwick Dolphins Open Meet	Biggleswade		3
3:00.66	306	H	01/11/14	Dunstable Club Championships	Dunstable		4
3:05.06	285	H	25/06/16	Putteridge 2016 Club Championship - Gala 1	Hitchin	Putteridge	4
3:06.30	279	F	20/01/13	Biggleswade SC 14th Open meet	Biggleswade	Team Luton	3
3:12.59	253	H	25/02/12	Bedfordshire County Championships	Biggleswade	Team Luton	2
3:15.50	242	H	30/06/12	Team Luton Club Championships	Luton	Team Luton	4
3:19.30	228	H	06/11/11	Braintree & Bocking 200 Meet	Braintree	Team Luton	3
3:38.24	174	H	07/05/11	Team Luton Club Championships	Hitchin	Team Luton	4

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