

# Individual Best Times (All Time)

Aurelia Tiffoney - (1116323) - City Of Glasgow Swim Team

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.53	29.80	462	02/02/20	2020 WD Long Course Championships - WE2	Tollcross	SCO1783	1
100 Freestyle	1:15.67	1:14.60	319	08/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
50 Breaststroke	38.98	38.20	418	01/02/20	2020 WD Long Course Championships - WE2	Tollcross	SCO1783	1
100 Breaststroke	1:27.74	1:26.30	390	18/05/19	East Kilbride Long Course Age Group Meet 2019	Dollan Aqua Centre	SCO1663	1
200 Breaststroke	3:03.19	3:00.30	423	01/02/20	2020 WD Long Course Championships - WE2	Tollcross	SCO1783	1
50 Backstroke	36.47	35.90	399	01/02/20	2020 WD Long Course Championships - WE2	Tollcross	SCO1783	1
100 Backstroke	1:27.67	1:26.70	279	07/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.95	30.60	448	20/01/19	2019 Stirling Winter Graded Meet	Grangemouth	SCO1593	2
100 Freestyle	1:05.74	1:07.00	446	24/11/18	Dumfries ASC Advent Open 2018	Dumfries	SCO1559	2
200 Freestyle	2:22.84	2:25.30	460	04/05/19	North Ayrshire Junior Meet	Auchenharvie	SCO1667	2
400 Freestyle	4:53.04	4:57.80	491	05/05/19	North Ayrshire Junior Meet	Auchenharvie	SCO1667	2
50 Breaststroke	38.67	39.50	394	20/01/19	2019 Stirling Winter Graded Meet	Grangemouth	SCO1593	2
100 Breaststroke	1:21.93	1:23.50	440	23/02/20	East Kilbride SC Age Group Meet 2020	Larkhall	SCO1795	2
200 Breaststroke	2:58.15	3:01.10	431	04/05/19	North Ayrshire Junior Meet	Auchenharvie	SCO1667	2
50 Butterfly	32.09	32.70	438	23/02/20	East Kilbride SC Age Group Meet 2020	Larkhall	SCO1795	2
100 Butterfly	1:16.96	1:17.90	346	05/05/19	North Ayrshire Junior Meet	Auchenharvie	SCO1667	2
50 Backstroke	34.56	35.10	389	20/01/19	2019 Stirling Winter Graded Meet	Grangemouth	SCO1593	2
100 Backstroke	1:13.44	1:14.50	417	20/01/19	2019 Stirling Winter Graded Meet	Grangemouth	SCO1593	2
200 Individual Medley	2:37.41	2:39.90	463	23/02/20	East Kilbride SC Age Group Meet 2020	Larkhall	SCO1795	2
100 Individual Medley	1:14.95	1:15.00	428	01/09/18	2018 SS West District SC Sprints & Relay Champs	Tollcross	SCO1516	1