

Individual Best Times (All Time)

Zak Moran - (1118850) - City of Leeds SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.67	32.00	262	27/02/16	Yorkshire County Championships	Sheffield	NE160070	1
100 Freestyle	1:12.23	1:11.10	273	23/04/16	City of Leeds National Qualifying Meet 2016	Leeds	NE160164	1
200 Freestyle	2:33.91	2:31.60	291	28/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
400 Freestyle	5:26.15	5:21.80	307	27/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
1500 Freestyle	21:37.31	21:21.30	302	25/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
50 Breaststroke	46.08	45.40	178	23/04/16	City of Leeds National Qualifying Meet 2016	Leeds	NE160164	1
100 Breaststroke	1:38.67	1:37.40	191	19/12/15	City of Leeds Christmas Meet 2015	Leeds	NE150109	3
200 Breaststroke	3:30.45	3:27.90	211	20/12/15	City of Leeds Christmas Meet 2015	Leeds	NE150109	3
50 Butterfly	39.56	39.10	178	31/01/15	Yorkshire County Championships	Sheffield	NE150621	1
100 Butterfly	1:34.71	1:33.90	142	28/06/15	City of Leeds B Grade Meet 2015	Leeds	NE150108	3
50 Backstroke	36.88	36.30	260	29/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
100 Backstroke	1:19.70	1:18.70	271	25/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
200 Backstroke	2:44.63	2:42.60	314	27/07/15	Swim Wales Summer Open Meet	Swansea	WL150507	1
200 Individual Medley	2:56.25	2:54.00	270	14/02/15	Yorkshire County Championships	Leeds	NE150622	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.23	32.90	244	18/10/15	City of Sunderland ASC Short Course Qualifier 2015	Sunderland	NE152193	2
100 Freestyle	1:10.70	1:11.90	255	11/10/15	Yorkshire Winter Competition	Sheffield	NE151548	2
200 Freestyle	2:38.90	2:41.10	244	03/04/16	Spa Town Meet	Harrogate	NE160247	3
400 Freestyle	5:23.56	5:27.90	282	02/04/16	Spa Town Meet	Harrogate	NE160247	3
1500 Freestyle	21:53.52	22:09.20	268	18/10/15	City of Sunderland ASC Short Course Qualifier 2015	Sunderland	NE152193	2
50 Breaststroke	46.92	47.60	150	03/04/16	Spa Town Meet	Harrogate	NE160247	3
100 Breaststroke	1:38.83	1:40.10	174	23/08/14	Sheffield City SC 11th Annual Open Sprint Meet	Sheffield	NE4499	3
200 Breaststroke	3:30.14	3:32.60	186	03/04/16	Spa Town Meet	Harrogate	NE160247	3
50 Butterfly	38.44	38.90	181	05/07/15	Borough of Barnsley 8th Annual Summer Sizzler	Sheffield	NE150893	3
100 Butterfly	1:36.28	1:37.10	122	03/04/16	Spa Town Meet	Harrogate	NE160247	3
50 Backstroke	36.77	37.30	217	29/08/15	Sheffield City 12th Annual Open Sprints Meet	Sheffield	NE150776	3
100 Backstroke	1:18.21	1:19.20	235	17/10/15	City of Sunderland ASC Short Course Qualifier 2015	Sunderland	NE152193	2
200 Backstroke	2:49.87	2:51.80	240	02/04/16	Spa Town Meet	Harrogate	NE160247	3
200 Individual Medley	2:56.34	2:58.60	240	11/10/15	Yorkshire Winter Competition	Sheffield	NE151548	2
100 Individual Medley	1:22.75	1:22.80	211	20/06/15	Team Jorvik Viking Sprints 2015	Leeds	NE150569	3