

Individual Best Times (All Time)

Tara Das-Gupta - (1180634) - City of Chester Swimming Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.55	31.90	381	28/05/16	ASA North West Region Summer Championships	Manchester	NW160339	1
100 Freestyle	1:11.40	1:10.20	379	25/03/17	Liverpool Spring Open Meet	Liverpool	NW170203	1
200 Freestyle	2:35.25	2:33.00	384	02/04/16	Stockport Metro Qualifying Window Meet 2016	Stockport	NW160009	1
400 Freestyle	5:24.59	5:20.20	381	03/04/16	Stockport Metro Qualifying Window Meet 2016	Stockport	NW160009	1
800 Freestyle	10:57.84	10:49.00	400	01/04/16	Stockport Metro Qualifying Window Meet 2016	Stockport	NW160009	1
50 Breaststroke	45.42	44.70	264	23/07/16	City of Sheffield Swim Squad Summer Meet 2016	Sheffield	NE160211	3
100 Breaststroke	1:39.12	1:37.80	270	23/07/16	City of Sheffield Swim Squad Summer Meet 2016	Sheffield	NE160211	3
200 Breaststroke	3:30.03	3:27.50	280	24/07/16	City of Sheffield Swim Squad Summer Meet 2016	Sheffield	NE160211	3
50 Butterfly	35.91	35.40	314	19/02/17	City of Liverpool Splash & Dash	Liverpool	NW170202	3
50 Backstroke	37.82	37.30	358	29/05/16	ASA North West Region Summer Championships	Manchester	NW160339	1
100 Backstroke	1:21.89	1:20.90	343	23/07/16	City of Sheffield Swim Squad Summer Meet 2016	Sheffield	NE160211	3
200 Backstroke	2:49.25	2:47.30	385	25/03/17	Liverpool Spring Open Meet	Liverpool	NW170203	1
200 Individual Medley	3:18.41	3:16.40	256	21/06/15	City of Liverpool Level 3 Open Summer Meet	Liverpool	NW150790	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.71	32.40	378	04/02/17	Cheshire County Championships	Macclesfield	NW170242	2
100 Freestyle	1:09.20	1:10.40	382	11/03/17	Prescot & Everton Spring Meet 2017	Liverpool	NW170123	3
200 Freestyle	2:29.29	2:31.60	403	11/03/17	Prescot & Everton Spring Meet 2017	Liverpool	NW170123	3
400 Freestyle	5:15.23	5:19.70	395	21/01/17	Cheshire County Championships	Macclesfield	NW170240	2
800 Freestyle	10:47.13	10:56.00	401	01/07/16	15th Biddulph Open Meet	Biddulph	WM160708	3
50 Breaststroke	44.72	45.40	255	01/10/16	North Midlands Championships 2016	Macclesfield	NW161737	3
100 Breaststroke	1:34.71	1:36.00	285	12/03/17	Prescot & Everton Spring Meet 2017	Liverpool	NW170123	3
200 Breaststroke	3:20.00	3:22.60	304	15/10/16	North Midlands Championships 2016	Macclesfield	NW161738	3
50 Butterfly	35.59	36.10	321	21/01/17	Cheshire County Championships	Macclesfield	NW170241	2
100 Butterfly	1:34.01	1:34.80	190	28/11/15	Percy Mason Memorial Gala	Warrington	NW151819	3
50 Backstroke	35.60	36.20	356	22/01/17	Cheshire County Championships	Macclesfield	NW170241	2
100 Backstroke	1:17.24	1:18.30	358	12/03/17	Prescot & Everton Spring Meet 2017	Liverpool	NW170123	3
200 Backstroke	2:44.36	2:46.40	378	11/03/17	Prescot & Everton Spring Meet 2017	Liverpool	NW170123	3
200 Individual Medley	2:57.19	2:59.40	325	07/02/16	Cheshire County Championships 2016	Macclesfield	NW160012	2
100 Individual Medley	1:19.80	1:19.80	355	21/01/17	Cheshire County Championships	Macclesfield	NW170240	2