

Individual Best Times (All Time)

Taisia Tiron - (1195476) - Harlow Penguin SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.98	30.30	442	06/07/19	CoNSC MIDSUMMER MADNESS 2019	NORWICH	ER191302	3
100 Freestyle	1:09.05	1:07.80	419	06/07/19	CoNSC MIDSUMMER MADNESS 2019	NORWICH	ER191302	3
200 Freestyle	2:30.49	2:28.20	421	06/07/19	CoNSC MIDSUMMER MADNESS 2019	NORWICH	ER191302	3
50 Breaststroke	40.37	39.60	376	03/02/18	Essex Age Group Championships 2018	London	ER180155	1
100 Breaststroke	1:25.93	1:24.40	415	28/10/17	Essex Senior Winter Championships 2017	Basildon	ER171405	1
200 Breaststroke	3:02.33	2:59.40	429	29/10/17	Essex Senior Winter Championships 2017	Basildon	ER171405	1
50 Butterfly	43.44	43.00	177	07/05/16	BPSC Non Regional Qualifiers Gala	Basildon	ER160489	3
50 Backstroke	39.97	39.50	303	16/03/19	Harpenden Frantic Fifties 2019	Inspire - Luton	ER191297	3
100 Backstroke	1:29.44	1:28.50	263	21/02/16	Essex Age Group Championships 2016	Basildon	ER160005	1
200 Individual Medley	2:55.01	2:52.70	374	25/11/17	Romford Town Early County Qualifier	London Aquatics	LR171748	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.64	31.30	419	15/06/19	8th Eric Shepherd Open Meet	Harlow	ER191328	3
100 Freestyle	1:06.04	1:07.30	440	30/03/19	Harlow Penguins 2019 Regional Qualifier Open Meet	Harlow	ER190522	3
200 Freestyle	2:23.70	2:26.10	452	15/06/19	8th Eric Shepherd Open Meet	Harlow	ER191328	3
400 Freestyle	5:14.78	5:19.20	396	30/11/19	Harlow Penguins 2019 County Qualifier Open Meet	Harlow	ER192639	3
800 Freestyle	12:32.92	12:40.60	254	24/06/15	Epping Forest District 2015 Club Championships	Loughton	ER151111	4
50 Breaststroke	39.09	39.90	382	20/10/19	Essex Senior Winter Champs	Basildon	ER191968	2
100 Breaststroke	1:24.18	1:25.70	406	30/06/19	Hoddesdon Summer Sprint 2019	Enfield	ER191243	3
200 Breaststroke	2:58.16	3:01.10	430	16/12/17	Last Chance County Qualifying Meet December 2017	Fullwell Cross	LR170570	3
50 Butterfly	37.24	37.70	280	13/03/20	Harlow Penguins 2020 Regional Qualifier Open Meet	Harlow	ER200519	3
100 Butterfly	1:54.50	1:55.20	105	22/10/14	Epping Forest District Club Championships	Loughton	ER4562	4
50 Backstroke	38.14	38.70	290	23/11/18	Harlow Penguins 2018 Winter Open Meet	Harlow	ER181952	3
100 Backstroke	1:25.28	1:26.20	266	17/12/16	LBRSC Last Chance Qualifying Meet	Fullwell Cross	LR161365	3
200 Backstroke	3:11.37	3:13.10	240	20/12/15	LBRSC Last Chance County Qualifying Meet 2015	Fullwell Cross	LR150757	3
200 Individual Medley	2:45.54	2:47.90	398	15/06/19	8th Eric Shepherd Open Meet	Harlow	ER191328	3
400 Individual Medley	6:26.59	6:31.10	300	06/07/16	Epping Forest Club Championships	Loughton	ER161334	4
100 Individual Medley	1:19.30	1:19.30	361	30/06/19	Hoddesdon Summer Sprint 2019	Enfield	ER191243	3