

Individual Best Times (All Time)

Deborah Sialom - (1229926) - Reading SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:07.79	1:06.50	443	19/04/15	Crawley Spring LC Open Meet 2015	Crawley	SE150218	1
200 Freestyle	2:27.04	2:24.70	452	19/04/15	Crawley Spring LC Open Meet 2015	Crawley	SE150218	1
800 Freestyle	10:40.87	10:31.80	432	14/03/15	Berks & S Bucks ASA County & Age Group Champs	Wycombe	CC150817	1
50 Breaststroke	41.31	40.50	351	19/04/15	Crawley Spring LC Open Meet 2015	Crawley	SE150218	1
100 Breaststroke	1:28.02	1:26.60	386	18/04/15	Crawley Spring LC Open Meet 2015	Crawley	SE150218	1
200 Breaststroke	3:07.71	3:04.90	393	18/04/15	Crawley Spring LC Open Meet 2015	Crawley	SE150218	1
100 Backstroke	1:21.95	1:21.00	342	02/11/14	City of Bristol Open Meet	Bristol	SW4538	3
200 Individual Medley	2:49.28	2:46.90	413	18/04/15	Crawley Spring LC Open Meet 2015	Crawley	SE150218	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.17	30.90	439	20/06/15	Reading Club Sprints 2015	Reading	SE150929	4
100 Freestyle	1:07.58	1:08.80	411	07/03/15	Berks & S Bucks ASA County & Age Group Champs	Maidenhead	CC150816	2
200 Freestyle	2:27.49	2:29.80	418	07/03/15	Berks & S Bucks ASA County & Age Group Champs	Maidenhead	CC150816	2
400 Freestyle	4:57.87	5:02.50	468	21/03/15	Berks & S Bucks ASA County & Age Group Champs	Maidstone	CC150818	2
800 Freestyle	10:29.36	10:38.50	436	29/11/14	Portsmouth Northsea Christmas Cracker	Portsmouth	SE14728	4
50 Breaststroke	39.66	40.40	366	20/06/15	Reading Club Sprints 2015	Reading	SE150929	4
100 Breaststroke	1:23.92	1:25.40	410	07/03/15	Berks & S Bucks ASA County & Age Group Champs	Maidenhead	CC150816	2
200 Breaststroke	2:59.68	3:02.60	420	08/03/15	Berks & S Bucks ASA County & Age Group Champs	Maidenhead	CC150816	2
50 Butterfly	34.99	35.50	338	20/06/15	Reading Club Sprints 2015	Reading	SE150929	4
100 Butterfly	1:30.61	1:31.40	212	15/11/14	Reading Club Championships	Reading	SE14103	4
50 Backstroke	35.87	36.40	348	20/06/15	Reading Club Sprints 2015	Reading	SE150929	4
100 Backstroke	1:21.39	1:22.40	306	11/10/14	National Swimming Arena South 2014 R1	Guildford	LR14178	3
200 Individual Medley	2:45.97	2:48.30	395	07/03/15	Berks & S Bucks ASA County & Age Group Champs	Maidenhead	CC150816	2
100 Individual Medley	1:15.45	1:15.50	420	20/06/15	Reading Club Sprints 2015	Reading	SE150929	4