

Individual Best Times (All Time)

Tio Agunbiade - (1306532) - Barking & Dagenham Aquatics Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	37.86	37.00	322	01/02/20	Essex Age Group Championships 2020	London	ER200176	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	38.94	39.50	138	16/07/17	Summer at Dagenham 2017 Open Meet	Dagenham	LR170716	3
100 Freestyle	1:30.46	1:31.40	121	15/07/17	Summer at Dagenham 2017 Open Meet	Dagenham	LR170716	3
200 Freestyle	3:28.93	3:30.60	107	02/06/17	Barking & Dagenham Club Championships	Becontree	LR170063	4
50 Breaststroke	38.24	39.10	277	08/12/19	Christmas at The Blue Light Pool 2019	Becontree	LR193014	3
100 Breaststroke	1:27.33	1:28.80	253	08/12/19	Christmas at The Blue Light Pool 2019	Becontree	LR193014	3
200 Breaststroke	3:50.59	3:52.90	141	16/07/17	Summer at Dagenham 2017 Open Meet	Dagenham	LR170716	3
50 Butterfly	42.26	42.70	136	16/12/18	Barking & Dagenham Christmas at "Blue Light Pool"	Becontree	LR182550	3
50 Backstroke	38.86	39.40	184	07/12/19	Christmas at The Blue Light Pool 2019	Becontree	LR193014	3
100 Backstroke	1:40.28	1:41.10	111	21/04/17	Barking & Dagenham Club Championships	Becontree	LR170062	4
200 Individual Medley	3:39.94	3:41.70	123	07/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	LR170532	3
100 Individual Medley	1:32.00	1:32.00	153	15/12/18	Barking & Dagenham Christmas at "Blue Light Pool"	Becontree	LR182550	3