

Individual Best Times (All Time)

Chiara Valgolio - (1358436) - Darlington SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.76	30.10	452	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
100 Freestyle	1:05.91	1:04.60	482	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
200 Freestyle	2:20.64	2:18.10	516	04/02/23	Northumberland & Durham County Championships 2023	Sunderland	NE230205	1
400 Freestyle	5:07.23	5:02.60	449	03/04/22	City of Sunderland ASC National Qualifier 2022	Sunderland	NE220261	1
800 Freestyle	10:28.10	10:18.80	459	03/02/23	Northumberland & Durham County Championships 2023	Sunderland	NE230205	1
100 Breaststroke	1:35.79	1:34.50	300	22/01/22	City of Sunderland ASC New Year Meet 2022	Sunderland	NE220080	1
200 Breaststroke	4:02.62	4:00.40	182	20/01/19	Rotherham Metro A & B Long Course Graded Meet	Sheffield	NE190112	3
50 Butterfly	33.91	33.30	373	21/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
100 Butterfly	1:42.59	1:41.80	158	13/07/19	Richmond Dales Summer Madness Gala 2019	Leeds	NE191610	3
50 Backstroke	36.37	35.80	402	03/04/22	City of Sunderland ASC National Qualifier 2022	Sunderland	NE220261	1
100 Backstroke	1:14.00	1:12.90	464	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
200 Backstroke	2:39.26	2:37.20	462	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
200 Individual Medley	2:46.62	2:44.20	433	01/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.03	30.70	445	24/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
100 Freestyle	1:04.53	1:05.80	472	13/11/22	Wear Valley ASC Level 3 Gala	Auckland	NE221612	3
200 Freestyle	2:18.31	2:20.80	507	23/09/23	Billingham Autumn Meet 2023	Billingham	NE231591	3
400 Freestyle	4:55.06	4:59.80	481	24/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
800 Freestyle	10:20.04	10:29.30	456	22/01/23	Billingham ASC Long Distance Meet 2023	Billingham	NE230190	3
1500 Freestyle	19:41.46	19:58.80	454	31/03/23	Tynemouth ASC Last Chance NER Qualifier 2023	North Shields	NE230387	3
50 Breaststroke	40.72	41.50	338	05/02/22	Durham City Aquatics Valentine Gala	Durham	NE220235	3
100 Breaststroke	1:31.92	1:33.30	312	30/11/21	Darlington ASC November Club Gala	Darlington	NE211529	4
200 Breaststroke	3:18.56	3:21.20	311	24/05/22	Darlington ASC May Club Gala	Darlington	NE220598	4
50 Butterfly	33.21	33.80	395	27/05/23	South Tyneside SC Spring Meet 2023	South Shields	NE230186	3
100 Butterfly	1:13.82	1:14.80	392	09/03/24	Middlesbrough ASC March 2024 Meet	Middlesbrough	NE240019	3
200 Butterfly	2:56.28	2:58.10	312	08/03/22	Darlington ASC March Club Gala	Darlington	NE220597	4
50 Backstroke	34.06	34.60	407	10/03/24	Middlesbrough ASC March 2024 Meet	Middlesbrough	NE240019	3
100 Backstroke	1:13.16	1:14.30	422	03/12/23	Derwentside ASC Christmas Cracker Meet 2023	Stanley	NE232206	3
200 Backstroke	2:34.03	2:36.20	460	22/10/23	Middlesbrough ASC Halloween Meet 2023	Middlesbrough	NE231614	3
200 Individual Medley	2:41.12	2:43.60	432	13/11/22	Wear Valley ASC Level 3 Gala	Auckland	NE221612	3
100 Individual Medley	1:16.80	1:16.80	398	24/05/22	Darlington ASC May Club Gala	Darlington	NE220598	4