

Individual Best Times (All Time)

Valentina Tinnirello - (1418922) - Potters Bar SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.22	28.50	527	16/03/24	Team Luton March Long Course Meet 2024	Luton	ER240270	1
100 Freestyle	1:02.50	1:01.10	566	11/05/24	Swim England East Region LC Championships 2024	Norwich	ER240238	1
200 Freestyle	2:15.82	2:13.20	573	17/03/24	Team Luton March Long Course Meet 2024	Luton	ER240270	1
50 Butterfly	32.27	31.70	433	17/03/24	Team Luton March Long Course Meet 2024	Luton	ER240270	1
100 Butterfly	1:14.67	1:13.60	410	17/03/24	Team Luton March Long Course Meet 2024	Luton	ER240270	1
50 Backstroke	34.48	33.90	472	06/05/24	Swim England East Region LC Championships 2024	Norwich	ER240237	1
100 Backstroke	1:26.80	1:25.90	288	03/04/22	SE East Region Development Competition 2022	Norwich	ER220676	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.45	29.20	523	03/03/24	Watford SC Regional Qualifier 2024	Watford	ER240120	3
100 Freestyle	1:01.39	1:02.70	548	20/01/24	SE Hertfordshire County Championships 2024	Borehamwood	ER240100	2
200 Freestyle	2:12.63	2:15.20	575	03/03/24	Watford SC Regional Qualifier 2024	Watford	ER240120	3
50 Breaststroke	41.81	42.60	312	15/06/24	Potters Bar SC Club Championships 2024	Elstree	ER241135	4
100 Breaststroke	1:48.53	1:49.70	189	09/07/22	Potters Bar SC Club Champs	Potters Bar	ER220815	4
50 Butterfly	32.03	32.60	440	28/01/24	SE Hertfordshire County Championships 2024	Borehamwood	ER240101	2
100 Butterfly	1:14.86	1:15.90	376	20/01/24	SE Hertfordshire County Championships 2024	Borehamwood	ER240100	2
50 Backstroke	32.80	33.40	456	27/01/24	SE Hertfordshire County Championships 2024	Borehamwood	ER240101	2
100 Backstroke	1:13.77	1:14.90	411	15/06/24	Potters Bar SC Club Championships 2024	Elstree	ER241135	4
200 Backstroke	3:01.56	3:03.40	281	02/10/22	Potters Bar Long Distance Club Championships 2022	Furzeffield Centre	ER221952	4
200 Individual Medley	2:41.92	2:44.30	426	02/03/24	Watford SC Regional Qualifier 2024	Watford	ER240120	3
100 Individual Medley	1:14.10	1:14.10	443	15/06/24	Potters Bar SC Club Championships 2024	Elstree	ER241135	4