

Individual Best Times (All Time)

Aisling Power - (854659) - Liverpool Penguins SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.12	30.40	436	23/06/13	City of Liverpool Summer Sprints	Liverpool	NW3386	3
100 Freestyle	1:05.82	1:04.50	484	10/05/14	City of Manchester Aquatics Open Meet	Manchester	NW4425	1
200 Freestyle	2:23.36	2:20.90	487	22/12/13	City of Manchester Aquatics Snow'pen Meet	Manchester	NW3449	1
400 Freestyle	5:09.33	5:04.80	440	02/06/13	BG North West Region 2013 Age Group Champs	Manchester	NWR306	1
800 Freestyle	10:15.24	10:05.80	489	08/03/14	Lancashire Age Groups & Championships	Manchester	CC4086	1
50 Breaststroke	43.29	42.60	305	17/03/12	Lancashire County Championships	Manchester	CC2016	1
100 Breaststroke	1:31.81	1:30.40	340	23/06/13	City of Liverpool Summer Sprints	Liverpool	NW3386	3
200 Breaststroke	3:12.57	3:09.80	364	18/01/14	City of Liverpool Winter Meet Plus	Liverpool	NW4119	1
50 Butterfly	29.74	29.10	554	27/04/19	2019 SENW Summer Championships	Manchester	NW190232	1
100 Butterfly	1:08.71	1:07.60	526	15/03/14	Lancashire County Championships	Manchester	CC4087	1
200 Butterfly	2:42.70	2:40.70	419	07/06/14	BG North West Region 2014 Age Group Champs	Manchester	NWR402	1
50 Backstroke	35.77	35.20	423	10/03/13	Lancashire Age Group County Championships	Manchester	CC3061	1
100 Backstroke	1:16.31	1:15.20	424	22/06/13	City of Liverpool Summer Sprints	Liverpool	NW3386	3
200 Backstroke	2:40.65	2:38.60	450	09/06/13	BG NWR 2013 Age Group Championships	Manchester	NWR307	1
200 Individual Medley	2:38.47	2:36.00	504	18/01/14	City of Liverpool Winter Meet Plus	Liverpool	NW4119	1
400 Individual Medley	5:31.95	5:26.60	513	11/05/14	City of Manchester Aquatics Open Meet	Manchester	NW4425	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.73	30.40	458	11/05/14	Liverpool Penguin SC 2014 Club Championships	Liverpool	NW4362	4
100 Freestyle	1:03.25	1:04.60	501	01/02/14	Liverpool & District S & WPA Age Group Champs	Knowsley	NW4099	2
200 Freestyle	2:21.56	2:24.00	473	16/11/13	Wigan BEST Future Stars Meet	Wigan	NW3720	1
400 Freestyle	4:53.90	4:58.60	487	14/07/13	Wirral Metro L3 Meet	Birkenhead	NW3352	3
800 Freestyle	10:00.83	10:10.40	501	08/02/14	Liverpool & District S & WPA Age Group Champs	Knowsley	NW4100	2
50 Breaststroke	40.93	41.70	333	17/05/14	Liverpool Penguin SC 2014 Club Championships	Liverpool	NW4362	4
100 Breaststroke	1:28.09	1:29.50	354	11/05/14	Liverpool Penguin SC 2014 Club Championships	Liverpool	NW4362	4
200 Breaststroke	3:06.59	3:09.40	375	11/05/14	Liverpool Penguin SC 2014 Club Championships	Liverpool	NW4362	4
50 Butterfly	30.20	30.80	526	25/11/18	Liverpool Penguin 2018 Club Championships	Everton	NW182642	4
100 Butterfly	1:07.85	1:09.00	505	25/11/18	Liverpool Penguin 2018 Club Championships	Everton	NW182642	4
200 Butterfly	2:37.06	2:39.10	441	01/02/14	Liverpool & District S & WPA Age Group Champs	Knowsley	NW4099	2
50 Backstroke	34.91	35.50	378	17/05/14	Liverpool Penguin SC 2014 Club Championships	Liverpool	NW4362	4
100 Backstroke	1:13.20	1:14.30	421	08/02/14	Liverpool & District S & WPA Age Group Champs	Knowsley	NW4100	2
200 Backstroke	2:34.73	2:36.90	454	14/07/13	Wirral Metro L3 Meet	Birkenhead	NW3352	3
200 Individual Medley	2:32.84	2:35.40	506	14/07/13	Wirral Metro L3 Meet	Birkenhead	NW3352	3
400 Individual Medley	5:24.58	5:29.90	507	08/02/14	Liverpool & District S & WPA Age Group Champs	Knowsley	NW4100	2
100 Individual Medley	1:13.88	1:13.90	447	06/07/13	Merseyside & District Junior Swimming League	Knowsley	NW3450	3