

# Individual Best Times (All Time)

## Tasmyn Green - (887326) - Nofio Gwynedd Performance

### Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	40.44	39.90	199	21/06/15	City of Liverpool Level 3 Open Summer Meet	Liverpool	NW150790	3
50 Backstroke	48.27	47.90	172	21/06/15	City of Liverpool Level 3 Open Summer Meet	Liverpool	NW150790	3
100 Backstroke	1:51.88	1:51.20	134	21/06/15	City of Liverpool Level 3 Open Summer Meet	Liverpool	NW150790	3
200 Individual Medley	3:59.04	3:57.40	146	21/06/15	City of Liverpool Level 3 Open Summer Meet	Liverpool	NW150790	3

### Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	36.74	37.30	243	06/11/16	John Sharp Club Championships Caernarfon	Llandudno	WL162022	3
100 Freestyle	1:24.25	1:25.20	212	27/05/17	Swim Conwy Whitsun Meet	Llandudno	WL170792	2
200 Freestyle	3:23.90	3:25.60	158	06/11/16	John Sharp Club Championships Caernarfon	Llandudno	WL162022	3
400 Freestyle	7:06.09	7:09.40	159	05/11/16	John Sharp Club Championships Caernarfon	Llandudno	WL162022	3
50 Breaststroke	51.40	52.00	168	10/07/16	Len Thomas Memorial Sprint	Llandudno	WL161275	2
100 Breaststroke	1:49.00	1:50.20	187	05/11/16	John Sharp Club Championships Caernarfon	Llandudno	WL162022	3
200 Breaststroke	4:06.32	4:08.50	163	05/11/16	John Sharp Club Championships Caernarfon	Llandudno	WL162022	3
50 Butterfly	46.00	46.40	148	10/07/16	Len Thomas Memorial Sprint	Llandudno	WL161275	2
100 Butterfly	1:54.39	1:55.10	105	06/11/16	John Sharp Club Championships Caernarfon	Llandudno	WL162022	3
50 Backstroke	46.32	46.80	161	10/07/16	Len Thomas Memorial Sprint	Llandudno	WL161275	2
100 Backstroke	1:42.32	1:43.10	154	10/07/16	Len Thomas Memorial Sprint	Llandudno	WL161275	2
200 Backstroke	3:51.29	3:52.70	135	23/05/15	Conwy County Aquatics Whitsun Meet	Llandudno	WL150712	2
200 Individual Medley	3:33.27	3:35.10	186	27/05/17	Swim Conwy Whitsun Meet	Llandudno	WL170792	2
100 Individual Medley	1:38.27	1:38.30	190	10/07/16	Len Thomas Memorial Sprint	Llandudno	WL161275	2