

Individual Best Times (All Time)

Sara-Luisa Riolo - (967078) - Royal Tunbridge Wells Monson SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.43	31.80	385	23/07/17	BPSC End of Season Meet 2017	Basildon	ER170185	3
100 Freestyle	1:11.89	1:10.70	372	22/07/17	BPSC End of Season Meet 2017	Basildon	ER170185	3
200 Freestyle	2:39.34	2:37.10	355	22/07/17	BPSC End of Season Meet 2017	Basildon	ER170185	3
50 Breaststroke	39.27	38.50	409	07/04/19	Guildford City Level 1 Spring Open Meet	Surrey Sports Park	SE190010	1
100 Breaststroke	1:25.76	1:24.30	418	09/02/19	Kent Swimming Championships 2019	Crystal Palace	SE190350	1
200 Breaststroke	3:00.39	2:57.40	443	06/04/19	Guildford City Level 1 Spring Open Meet	Surrey Sports Park	SE190010	1
50 Backstroke	37.46	36.90	368	22/07/17	BPSC End of Season Meet 2017	Basildon	ER170185	3
200 Backstroke	2:56.02	2:54.10	342	22/07/17	BPSC End of Season Meet 2017	Basildon	ER170185	3

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.06	32.70	365	24/11/18	Royal Tunbridge Wells Monson Swimming Club Champs	Tunbridge Wells	SE182563	4
100 Freestyle	1:09.19	1:10.40	383	02/12/18	Royal Tunbridge Wells Monson Swimming Club Champs	Tunbridge Wells	SE182564	4
200 Freestyle	2:26.38	2:28.70	427	25/11/18	Royal Tunbridge Wells Monson Swimming Club Champs	Tunbridge Wells	SE182563	4
400 Freestyle	5:07.87	5:12.40	424	01/12/18	Royal Tunbridge Wells Monson Swimming Club Champs	Tunbridge Wells	SE182564	4
800 Freestyle	10:52.37	11:01.20	391	23/10/18	Royal Tunbridge Wells Monson Swimming Club Champs	Tonbridge School	SE182562	4
50 Breaststroke	37.24	38.10	442	15/12/18	Bromley SC Christmas Gold Open Meet 2018	Gillingham	LR180784	3
100 Breaststroke	1:21.74	1:23.30	444	16/12/18	Bromley SC Christmas Gold Open Meet 2018	Gillingham	LR180784	3
200 Breaststroke	2:54.31	2:57.30	460	16/12/18	Bromley SC Christmas Gold Open Meet 2018	Gillingham	LR180784	3
50 Butterfly	37.07	37.60	284	30/06/18	RTW Monson Summer Splash Level 3 Open Gala	Tunbridge Wells	SE181287	3
100 Butterfly	1:27.53	1:28.40	235	25/11/18	Royal Tunbridge Wells Monson Swimming Club Champs	Tunbridge Wells	SE182563	4
50 Backstroke	37.49	38.00	305	26/11/17	Royal Tunbridge Wells Monson Club Championships	Tunbridge	SE172032	4
100 Backstroke	1:18.43	1:19.40	342	29/10/17	Kent Development Meet 2017	Gillingham	SE172008	3
200 Backstroke	2:47.02	2:49.00	361	24/11/18	Royal Tunbridge Wells Monson Swimming Club Champs	Tunbridge Wells	SE182563	4
200 Individual Medley	2:45.48	2:47.80	399	25/11/18	Royal Tunbridge Wells Monson Swimming Club Champs	Tunbridge Wells	SE182563	4
400 Individual Medley	5:52.01	5:57.00	398	24/11/18	Royal Tunbridge Wells Monson Swimming Club Champs	Tunbridge Wells	SE182563	4
100 Individual Medley	1:20.03	1:20.00	352	03/12/17	Royal Tunbridge Wells Monson Club Championships	Tunbridge	SE172033	4