

Individual Best Times (All Time)

Tahlia Bryden - (90002969) - Montrose & District Seals ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	38.01	37.50	239	11/06/23	Dyce LC Meet	Aberdeen	SCO2046	1
100 Breaststroke	1:56.57	1:55.50	166	11/06/23	Dyce LC Meet	Aberdeen	SCO2046	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.62	38.20	226	10/09/23	SASA Midland District Sprints 2023	Arbroath	SCO2060	2
100 Freestyle	1:20.41	1:21.40	244	28/01/24	SASA Midland District League One - Round 2 2024	Dundee	SCO2141	2
200 Freestyle	2:58.42	3:00.40	236	18/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
400 Freestyle	6:13.80	6:17.50	236	25/02/24	DCA Distance Meet 2024 Round 2	Dundee	SCO2151	1
50 Breaststroke	50.24	50.90	180	05/11/23	Angus Pentaqua R1 2023	Montrose	SCO2099	3
100 Breaststroke	1:45.04	1:46.20	209	18/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
50 Butterfly	45.35	45.80	155	18/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
100 Butterfly	1:43.81	1:44.50	141	17/12/23	Montrose and District Seals ASC Gala	Montrose	SCO2119	2
50 Backstroke	43.23	43.70	199	05/11/23	Angus Pentaqua R1 2023	Montrose	SCO2099	3
100 Backstroke	1:31.64	1:32.50	214	17/02/24	Glenrothes Spring meet 2024	Glenrothes	SCO2145	2
200 Individual Medley	3:16.17	3:18.20	239	20/03/24	Montrose Individual Medley Championship 2024	Montrose	SCO2170	2
100 Individual Medley	1:33.18	1:33.20	223	18/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2