

Individual Best Times (All Time)

Freya Bisht - (1084616) - Carnegie ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.24	27.50	584	05/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
100 Freestyle	1:02.53	1:01.20	565	07/07/17	Scottish Summer Meet	Edinburgh	SCO1321	1
200 Freestyle	2:20.84	2:18.40	514	27/05/17	East District Long Course Open Meet	Edinburgh	SCO1301	1
50 Breaststroke	37.30	36.40	477	26/05/17	East District Long Course Open Meet	Edinburgh	SCO1301	1
100 Breaststroke	1:22.92	1:21.40	462	27/05/17	East District Long Course Open Meet	Edinburgh	SCO1301	1
200 Breaststroke	3:10.91	3:08.10	374	30/04/16	COAST Long Course Meet	Aberdeen	SCO1116	1
50 Butterfly	31.63	31.00	460	09/07/17	Scottish Summer Meet	Edinburgh	SCO1321	1
100 Butterfly	1:11.12	1:10.00	474	24/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
200 Individual Medley	2:39.44	2:36.90	494	02/02/18	East District Age Groups 2018 Round 3	Edinburgh	SCO1419	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.25	29.00	534	10/12/16	Scottish National Short Course Championships	Edinburgh	SCO1210	1
100 Freestyle	1:01.90	1:03.20	534	23/10/16	ASA National County Teams Division 1	Sheffield	ASA151	2
200 Freestyle	2:17.69	2:20.20	514	13/01/18	EDAG Round 2 2018	Michael Woods Centre	SCO1432	2
400 Freestyle	5:19.97	5:24.30	377	07/11/15	East District Age Group Championships	Glenrothes	SCO1063	1
800 Freestyle	11:06.50	11:15.10	367	04/10/15	SASA East District SC Time Trial	Prestonpans	SCO1022	2
50 Breaststroke	38.17	39.00	410	19/02/17	Carnegie Open Spring Age Group Meet 2017	Glenrothes	SCO1246	2
100 Breaststroke	1:23.18	1:24.70	421	18/02/17	Carnegie Open Spring Age Group Meet 2017	Glenrothes	SCO1246	2
200 Breaststroke	2:53.27	2:56.30	468	13/01/18	EDAG Round 2 2018	Michael Woods Centre	SCO1432	2
50 Butterfly	31.18	31.80	478	03/09/17	Geordie Wotherspoon Fife Championships	Fife	SCO1332	2
100 Butterfly	1:12.96	1:14.00	406	17/02/18	Carnegie Open Spring Age Group Meet 2018	Dunfermline	SCO1420	2
100 Backstroke	1:53.47	1:54.20	113	18/05/13	Swim West Lothian IM Tough 2013	Bathgate	SCO727	2
200 Individual Medley	2:34.82	2:37.30	487	20/01/18	Carnegie Graded Meet	Dunfermline	SCO1403	2
400 Individual Medley	5:48.30	5:53.30	410	04/10/15	SASA East District SC Time Trial	Prestonpans	SCO1022	2
100 Individual Medley	1:12.94	1:12.90	465	03/09/17	Geordie Wotherspoon Fife Championships	Fife	SCO1332	2