

Individual Best Times (All Time)

Ruaridh Stephen - (1167757) - Warrender Baths Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Breaststroke	41.33	40.60	247	04/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
100 Breaststroke	1:31.54	1:30.20	239	05/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
100 Butterfly	1:22.33	1:21.40	216	05/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
100 Backstroke	1:28.59	1:27.70	197	24/01/16	East District Age Group Championships	Edinburgh	SCO1071	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.29	31.00	294	08/01/17	FIRST Annual Open Meet 2017	Bathgate	SCO1219	2
100 Freestyle	1:08.19	1:09.40	284	18/09/16	Warrender Championships	Glenrothes	SCO1183	2
200 Freestyle	2:28.52	2:30.80	299	08/10/16	Hearts Premier Age Groups Meet	Prestonpans	SCO1179	2
400 Freestyle	5:15.79	5:20.20	303	17/09/16	Warrender Championships	Glenrothes	SCO1183	2
50 Breaststroke	39.16	40.00	258	08/01/17	FIRST Annual Open Meet 2017	Bathgate	SCO1219	2
100 Breaststroke	1:27.50	1:28.90	252	07/01/17	FIRST Annual Open Meet 2017	Bathgate	SCO1219	2
200 Breaststroke	3:11.19	3:13.90	248	25/06/16	Aquanauts Livingston Meet	Livingston	SCO1151	2
50 Butterfly	34.71	35.30	246	07/01/17	FIRST Annual Open Meet 2017	Bathgate	SCO1219	2
100 Butterfly	1:19.76	1:20.70	214	08/01/17	FIRST Annual Open Meet 2017	Bathgate	SCO1219	2
200 Butterfly	3:03.01	3:04.70	199	08/10/16	Hearts Premier Age Groups Meet	Prestonpans	SCO1179	2
50 Backstroke	38.22	38.70	193	16/01/16	Carnegie Open Spring Age Group Meet	Glenrothes	SCO1115	2
100 Backstroke	1:20.20	1:21.20	218	08/01/17	FIRST Annual Open Meet 2017	Bathgate	SCO1219	2
200 Backstroke	2:49.52	2:51.50	241	08/10/16	Hearts Premier Age Groups Meet	Prestonpans	SCO1179	2
200 Individual Medley	2:48.57	2:50.90	275	07/01/17	FIRST Annual Open Meet 2017	Bathgate	SCO1219	2
400 Individual Medley	6:05.26	6:10.00	265	18/09/16	Warrender Championships	Glenrothes	SCO1183	2
100 Individual Medley	1:18.16	1:18.20	250	08/01/17	FIRST Annual Open Meet 2017	Bathgate	SCO1219	2