

Individual Best Times (All Time)

Nula Gow - (1186439) - Garioch ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.71	29.00	501	04/02/23	ND Age Group Championships 2023 R1	Aberdeen	SCO1977	1
100 Freestyle	1:03.89	1:02.60	530	04/02/23	ND Age Group Championships 2023 R2	Aberdeen	SCO1987	1
200 Freestyle	2:17.43	2:14.90	553	15/07/23	Scottish Summer Meet	Aberdeen	SCO2055	1
400 Freestyle	4:46.64	4:41.70	553	03/07/22	Scottish National Open Championships 2022	Aberdeen	SCO1907	1
800 Freestyle	9:41.62	9:31.60	579	03/02/23	ND Age Group Championships 2023 R2	Aberdeen	SCO1987	1
1500 Freestyle	18:28.23	18:09.50	572	14/07/22	Scottish Summer Meet 2022	Aberdeen	SCO1908	1
50 Breaststroke	33.07	32.10	685	04/02/23	ND Age Group Championships 2023 R2	Aberdeen	SCO1987	1
100 Breaststroke	1:12.71	1:11.00	686	28/07/22	British Summer Championships	Sheffield	BSW022	1
200 Breaststroke	2:31.67	2:28.20	745	11/02/23	Arena Lisbon International Meet 2023	Lisbon	GBR1941	1
50 Butterfly	29.76	29.10	553	17/07/22	Scottish Summer Meet 2022	Aberdeen	SCO1908	1
100 Butterfly	1:05.83	1:04.70	598	16/07/22	Scottish Summer Meet 2022	Aberdeen	SCO1908	1
200 Butterfly	2:25.11	2:22.90	591	14/07/23	Scottish Summer Meet	Aberdeen	SCO2055	1
50 Backstroke	33.08	32.50	535	05/02/23	ND Age Group Championships 2023 R1	Aberdeen	SCO1977	1
100 Backstroke	1:09.87	1:08.70	552	04/02/23	ND Age Group Championships 2023 R1	Aberdeen	SCO1977	1
200 Backstroke	2:27.69	2:25.40	579	16/07/23	Scottish Summer Meet	Aberdeen	SCO2055	1
200 Individual Medley	2:23.80	2:21.00	674	27/07/22	British Summer Championships	Sheffield	BSW022	1
400 Individual Medley	4:57.67	4:51.70	712	11/02/23	Arena Lisbon International Meet 2023	Lisbon	GBR1941	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.65	29.40	512	05/11/22	North District Open Championships 2022	Aberdeen	SCO1934	2
100 Freestyle	1:01.90	1:03.20	534	06/11/22	North District Open Championships 2022	Aberdeen	SCO1934	2
200 Freestyle	2:14.51	2:17.10	551	05/02/22	North District Spring Championships	Inverness	SCO1847	2
400 Freestyle	4:37.52	4:42.50	578	08/10/22	North District Distance Meet 2022	Aberdeen	SCO1924	2
800 Freestyle	9:24.05	9:34.20	606	08/10/22	North District Distance Meet 2022	Aberdeen	SCO1924	2
1500 Freestyle	18:04.44	18:23.30	587	09/10/22	North District Distance Meet 2022	Aberdeen	SCO1924	2
50 Breaststroke	33.03	34.00	633	06/11/22	North District Open Championships 2022	Aberdeen	SCO1934	2
100 Breaststroke	1:10.62	1:12.40	688	11/12/22	Scottish National Short Course Meet 2022	Edinburgh	SCO1961	2
200 Breaststroke	2:29.81	2:33.30	724	10/11/22	Scottish Schools Grampian Trials	Aberdeen	SCO1941	2
50 Butterfly	29.85	30.50	544	06/11/22	North District Open Championships 2022	Aberdeen	SCO1934	2
100 Butterfly	1:05.46	1:06.60	562	05/11/22	North District Open Championships 2022	Aberdeen	SCO1934	2
200 Butterfly	2:23.16	2:25.30	583	06/11/22	North District Open Championships 2022	Aberdeen	SCO1934	2
50 Backstroke	32.17	32.80	483	05/11/22	North District Open Championships 2022	Aberdeen	SCO1934	2
100 Backstroke	1:08.65	1:09.80	511	06/11/22	North District Open Championships 2022	Aberdeen	SCO1934	2
200 Backstroke	2:23.83	2:26.10	565	05/11/22	North District Open Championships 2022	Aberdeen	SCO1934	2
200 Individual Medley	2:20.88	2:23.60	647	09/12/23	Scottish National Short Course Championships 2023	Edinburgh	SCO2114	2
400 Individual Medley	4:52.03	4:58.00	697	09/12/22	Scottish National Short Course Meet 2022	Edinburgh	SCO1961	2
100 Individual Medley	1:06.55	1:06.60	612	11/12/22	Scottish National Short Course Meet 2022	Edinburgh	SCO1961	2