

# Individual Best Times (All Time)

Susannah Kernohan - (1190443) - Warrender Baths Club

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.82	31.20	408	07/12/19	MANCHESTER SNOW'PEN MEET 2019	MANCHESTER	NW190445	3
100 Freestyle	1:09.72	1:08.50	407	09/02/19	Swim Scotland East District Age Groups 2019	Edinburgh	SCO1596	1
200 Freestyle	2:32.84	2:30.50	402	07/12/19	MANCHESTER SNOW'PEN MEET 2019	MANCHESTER	NW190445	3
50 Breaststroke	45.68	45.00	260	08/12/19	MANCHESTER SNOW'PEN MEET 2019	MANCHESTER	NW190445	3
50 Butterfly	32.40	31.80	428	08/12/19	MANCHESTER SNOW'PEN MEET 2019	MANCHESTER	NW190445	3
100 Butterfly	1:12.42	1:11.40	449	22/02/20	EDAG Roun 4 Finals	Edinburgh	SCO1810	1
200 Butterfly	2:39.50	2:37.50	445	12/07/19	Scottish Summer Meet	RCP Edinburgh	SCO1690	1
50 Backstroke	35.73	35.20	424	04/02/18	East District Age Groups 2018 Round 3	Edinburgh	SCO1419	1
100 Backstroke	1:18.44	1:17.40	390	06/05/18	East District Open Championships	Edinburgh	SCO1461	1
200 Backstroke	2:50.28	2:48.30	378	08/12/19	MANCHESTER SNOW'PEN MEET 2019	MANCHESTER	NW190445	3
200 Individual Medley	2:44.38	2:42.00	451	05/05/18	East District Open Championships	Edinburgh	SCO1461	1
400 Individual Medley	5:49.04	5:44.00	441	12/05/19	2019 WD Future Stars AG Open Meet	Tollcross	SCO1658	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.04	31.70	403	15/12/18	Warrender Graded Meet	Michael Woods Centre	SCO1581	2
100 Freestyle	1:05.94	1:07.20	442	16/12/18	Warrender Graded Meet	Michael Woods Centre	SCO1581	2
200 Freestyle	2:21.82	2:24.20	470	26/05/18	InCAS Distance Gala 2018	Glenrothes	SCO1496	2
400 Freestyle	4:58.95	5:03.60	463	27/05/18	InCAS Distance Gala 2018	Glenrothes	SCO1496	2
50 Breaststroke	42.41	43.10	299	18/02/18	Carnegie Open Spring Age Group Meet 2018	Dunfermline	SCO1420	2
100 Breaststroke	1:31.05	1:32.40	321	11/11/17	Lothian Region Graded Meet 2017	Mercat Gait	SCO1381	2
200 Breaststroke	3:03.39	3:06.30	395	23/06/18	Aquanauts Livingston 17th Annual Graded Meet	Xcite Leisure Centre	SCO1492	2
50 Butterfly	32.77	33.30	411	22/12/18	East District Age Groups 2018 Round 2	Edinburgh	SCO1578	2
100 Butterfly	1:10.48	1:11.50	451	16/12/18	Warrender Graded Meet	Michael Woods Centre	SCO1581	2
200 Butterfly	2:35.67	2:37.70	453	15/12/18	Warrender Graded Meet	Michael Woods Centre	SCO1581	2
50 Backstroke	34.93	35.50	377	17/02/18	Carnegie Open Spring Age Group Meet 2018	Dunfermline	SCO1420	2
100 Backstroke	1:15.31	1:16.40	387	18/02/18	Carnegie Open Spring Age Group Meet 2018	Dunfermline	SCO1420	2
200 Backstroke	2:35.91	2:38.00	443	16/12/18	Warrender Graded Meet	Michael Woods Centre	SCO1581	2
200 Individual Medley	2:39.16	2:41.60	448	16/12/18	Warrender Graded Meet	Michael Woods Centre	SCO1581	2
400 Individual Medley	5:34.25	5:39.50	464	24/11/18	East District Age Group Championships round 1	Michael Woods Centre	SCO1567	2
100 Individual Medley	1:15.80	1:15.80	414	12/05/18	Haddington Total Swimmer Meet	Mercat Gait Pool	SCO1474	2