

# Individual Best Times (All Time)

Emma Prach - (1190629) - Cumbernauld ASC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	39.74	40.30	192	23/08/14	Cumbernauld Autumn Graded Meet	Tryst	SCO869	2
100 Freestyle	1:37.26	1:38.10	137	15/03/14	Cumbernauld Spring Graded Meet 2014	Tryst	SCO821	2
200 Freestyle	3:40.75	3:42.30	124	23/08/14	Cumbernauld Autumn Graded Meet	Tryst	SCO869	2
50 Breaststroke	1:09.69	1:10.10	67	24/08/13	Cumbernauld Graded AG Autumn Meet	Cumbernauld	SCO797	2
50 Butterfly	57.35	57.70	76	23/08/14	Cumbernauld Autumn Graded Meet	Tryst	SCO869	2
50 Backstroke	53.46	53.80	105	23/08/14	Cumbernauld Autumn Graded Meet	Tryst	SCO869	2
200 Backstroke	3:31.11	3:32.70	178	29/11/14	Cumbernauld Winter Open Meet	Cumbernauld	SCO915	2