

Individual Best Times (All Time)

Holly Shand - (1198401) - University of Aberdeen Performan

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.25	26.50	650	01/02/20	ND Age Group Championships 2020 R1	Aberdeen	SCO1779	1
100 Freestyle	59.87	58.50	644	15/03/20	Edinburgh International	Edinburgh	SCO1813	1
200 Freestyle	2:10.30	2:07.60	649	19/01/20	53e Challenge International de Geneve	Geneva	GBR1294	1
400 Freestyle	4:44.39	4:39.40	566	13/03/20	Edinburgh International	Edinburgh	SCO1813	1
50 Breaststroke	36.11	35.20	526	02/03/20	ND Age Group Championships 2020 R2	Aberdeen	SCO1806	1
100 Breaststroke	1:25.42	1:23.90	423	03/02/18	North District Age Group Championships 2018	Aberdeen	SCO1414	1
200 Breaststroke	3:13.20	3:10.40	360	28/05/17	North District Long Course Time Trials 2017	Aberdeen	SCO1299	1
50 Butterfly	29.83	29.20	549	05/03/19	ND Age Group Championships 2019 R2	Aberdeen	SCO1618	1
100 Butterfly	1:05.99	1:04.80	594	02/02/20	ND Age Group Championships 2020 R1	Aberdeen	SCO1779	1
200 Butterfly	2:35.29	2:33.20	482	29/03/19	Scottish National Age Group Championships	Tollcross	SCO1637	1
50 Backstroke	31.06	30.40	646	25/05/19	North District Long Course Time Trials 2019	Aberdeen	SCO1664	1
100 Backstroke	1:05.96	1:04.70	656	26/05/19	North District Long Course Time Trials 2019	Aberdeen	SCO1664	1
200 Backstroke	2:21.81	2:19.40	654	25/05/19	North District Long Course Time Trials 2019	Aberdeen	SCO1664	1
200 Individual Medley	2:25.46	2:22.70	651	15/03/20	Edinburgh International	Edinburgh	SCO1813	1
400 Individual Medley	5:10.14	5:04.40	629	14/03/20	Edinburgh International	Edinburgh	SCO1813	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.87	27.60	621	14/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
100 Freestyle	58.59	1:00.00	630	10/11/19	North District Open Championships 2019	Aberdeen	SCO1741	2
200 Freestyle	2:09.30	2:12.00	620	09/11/19	North District Open Championships 2019	Aberdeen	SCO1741	2
400 Freestyle	4:35.81	4:40.80	589	05/10/19	SASA North District Distance Meet	Fraserburgh	SCO1717	2
800 Freestyle	9:30.53	9:40.60	585	05/10/19	SASA North District Distance Meet	Fraserburgh	SCO1717	2
1500 Freestyle	18:16.51	18:35.20	568	06/10/19	SASA North District Distance Meet	Fraserburgh	SCO1717	2
50 Breaststroke	34.87	35.80	538	02/11/19	AASC Nifty Fifties 2019	Aberdeen	SCO1732	2
100 Breaststroke	1:19.00	1:20.60	491	19/01/19	Garioch Mix Up 2019	Inverurie	SCO1585	2
200 Breaststroke	2:53.85	2:56.90	463	12/10/19	Garioch 200	Inverurie	SCO1722	2
50 Butterfly	29.81	30.40	547	03/11/19	AASC Nifty Fifties 2019	Aberdeen	SCO1732	2
100 Butterfly	1:05.75	1:06.90	555	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
200 Butterfly	2:32.72	2:34.80	480	17/03/18	Elgin ASC Spring Meet 2018	Buckie	SCO1439	2
50 Backstroke	30.65	31.30	559	11/11/18	Aberdeen ASC Nifty 50s + 2018	Aberdeen	SCO1544	2
100 Backstroke	1:04.08	1:05.30	628	04/11/18	North District Open Championships 2018	Aberdeen	SCO1538	2
200 Backstroke	2:16.73	2:19.10	658	03/11/18	North District Open Championships 2018	Aberdeen	SCO1538	2
200 Individual Medley	2:23.62	2:26.30	610	28/11/20	Tighinn Comhla	Various - Round 2	LXX006	0
400 Individual Medley	5:05.62	5:11.30	608	06/10/19	SASA North District Distance Meet	Fraserburgh	SCO1717	2
100 Individual Medley	1:06.49	1:06.50	613	15/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2