

Individual Best Times (All Time)

Kirsten Duncan - (147376) - Edinburgh University

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.69	30.00	455	07/03/15	SASA Midland District Open & Age Group Champs	Dundee	SCO948	1
100 Freestyle	1:08.12	1:06.90	437	01/03/14	SASA Midland District Open Age Group Champ	Dundee	SCO813	1
200 Freestyle	2:29.10	2:26.80	433	02/03/14	SASA Midland District Open Age Group Champ	Dundee	SCO813	1
800 Freestyle	11:01.46	10:52.70	393	01/08/13	Swim Wales Summer Nationals	Swansea	WAL511	1
50 Breaststroke	39.01	38.20	417	08/03/15	SASA Midland District Open & Age Group Champs	Dundee	SCO948	1
100 Breaststroke	1:24.54	1:23.00	436	07/03/15	SASA Midland District Open & Age Group Champs	Dundee	SCO948	1
200 Breaststroke	2:58.74	2:55.80	455	05/04/14	Scottish Gas National Open Championships	Glasgow	SCO825	1
50 Butterfly	34.65	34.10	350	08/03/15	SASA Midland District Open & Age Group Champs	Dundee	SCO948	1
100 Butterfly	1:19.74	1:18.80	336	01/03/14	SASA Midland District Open Age Group Champ	Dundee	SCO813	1
50 Backstroke	37.29	36.70	373	07/03/15	SASA Midland District Open & Age Group Champs	Dundee	SCO948	1
100 Backstroke	1:21.41	1:20.40	349	01/03/14	SASA Midland District Open Age Group Champ	Dundee	SCO813	1
200 Individual Medley	2:47.34	2:45.00	428	08/03/15	SASA Midland District Open & Age Group Champs	Dundee	SCO948	1
400 Individual Medley	5:51.40	5:46.40	433	31/07/13	Swim Wales Summer Nationals	Swansea	WAL511	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.63	30.30	463	26/10/14	Dundee City Aquatics Meet	Dundee	SCO901	2
100 Freestyle	1:05.53	1:06.80	450	25/10/14	Dundee City Aquatics Meet	Dundee	SCO901	2
200 Freestyle	2:21.70	2:24.10	471	26/10/14	Dundee City Aquatics Meet	Dundee	SCO901	2
400 Freestyle	5:03.79	5:08.40	441	17/05/14	SASA Midland District Distance Meet 2014	Dundee	SCO843	1
800 Freestyle	10:34.64	10:43.70	425	25/05/13	SASA Midland District Distance Meet	Dundee	SCO729	1
1500 Freestyle	20:08.08	20:25.10	424	26/05/13	SASA Midland District Distance Meet	Dundee	SCO729	1
50 Breaststroke	37.33	38.20	438	26/10/14	Dundee City Aquatics Meet	Dundee	SCO901	2
100 Breaststroke	1:19.68	1:21.20	479	16/11/14	COAST Grand Prix	Aberdeen	SCO907	1
200 Breaststroke	2:52.91	2:55.90	471	15/11/14	COAST Grand Prix	Aberdeen	SCO907	1
50 Butterfly	33.34	33.90	391	06/09/14	SASA Midland District Sprint Championships	Dundee	SCO873	1
100 Butterfly	1:13.78	1:14.80	393	16/11/14	COAST Grand Prix	Aberdeen	SCO907	1
50 Backstroke	36.03	36.60	344	06/09/14	SASA Midland District Sprint Championships	Dundee	SCO873	1
100 Backstroke	1:16.42	1:17.50	370	25/10/14	Dundee City Aquatics Meet	Dundee	SCO901	2
200 Backstroke	2:47.56	2:49.50	357	22/09/13	2013 Stirling Autumn Meet	Stirling	SCO758	2
200 Individual Medley	2:39.46	2:41.90	446	25/10/14	Dundee City Aquatics Meet	Dundee	SCO901	2
400 Individual Medley	5:36.93	5:42.10	453	01/11/13	SASA Midland District Distance & Grade Meet	Dundee	SCO776	1
100 Individual Medley	1:13.36	1:13.40	457	06/09/14	SASA Midland District Sprint Championships	Dundee	SCO873	1