

Individual Best Times (All Time)

Paige Macnab - (1607050) - City of Sunderland ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	38.87	38.30	224	20/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
100 Freestyle	1:33.66	1:32.80	168	02/07/23	City of Sunderland ASC Summer Splash 2023	Sunderland	NE231255	3
200 Freestyle	3:12.55	3:10.70	201	17/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240248	1
50 Breaststroke	58.70	58.20	122	21/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
50 Butterfly	45.83	45.40	151	21/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
50 Backstroke	47.85	47.40	176	20/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
200 Backstroke	3:28.17	3:26.60	206	03/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1
200 Individual Medley	3:38.56	3:36.70	192	04/02/24	Northumberland & Durham SA County Championships 24	Sunderland	NE240247	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	38.93	39.50	204	24/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
100 Freestyle	1:27.12	1:28.10	191	10/02/24	Durham City Aquatics Valentine Gala	Durham	NE240405	3
200 Freestyle	3:07.66	3:09.50	203	10/12/23	York City BC Winter Swim Extravaganza 2023	Leeds	NE231704	3
400 Freestyle	6:27.56	6:31.20	212	24/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
50 Breaststroke	54.49	55.10	141	25/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
100 Breaststroke	2:02.20	2:03.20	132	10/02/24	Durham City Aquatics Valentine Gala	Durham	NE240405	3
200 Breaststroke	4:08.17	4:10.30	159	11/02/24	Durham City Aquatics Valentine Gala	Durham	NE240405	3
50 Butterfly	45.24	45.70	156	25/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3
50 Backstroke	46.02	46.50	165	10/12/23	York City BC Winter Swim Extravaganza 2023	Leeds	NE231704	3
100 Backstroke	1:42.17	1:43.00	155	15/10/23	Bo Stockton Winter Swim Festival 2023	Billingham	NE231966	2
200 Backstroke	3:27.41	3:29.00	188	14/10/23	Bo Stockton Winter Swim Festival 2023	Billingham	NE231966	2
200 Individual Medley	3:24.15	3:26.10	212	23/03/24	Tynemouth ASC NER Qualifier	Tynemouth	NE240406	3
100 Individual Medley	1:36.52	1:36.50	200	26/05/24	South Tyneside 2024 Spring Meet	South Shields	NE240614	3