

# Individual Best Times (All Time)

Rebecca Bews - (306243) - Aberdeen Dolphins ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.82	27.10	611	01/05/16	COAST Long Course Meet	Aberdeen	SCO1116	1
100 Freestyle	1:02.17	1:00.80	575	10/04/13	SG National Age Group Championships	Edinburgh	SCO710	1
200 Freestyle	2:17.04	2:14.50	558	01/04/12	SG National Open Age Group Championships	Sunderland	SCO601	1
400 Freestyle	4:50.18	4:45.30	533	04/02/12	Derventio excel February Festival Open Mee	Sheffield	EM2079	1
50 Breaststroke	37.19	36.30	482	30/04/16	COAST Long Course Meet	Aberdeen	SCO1116	1
100 Breaststroke	1:24.35	1:22.80	439	06/03/16	North District Age Group Championships	Aberdeen	SCO1094	1
200 Breaststroke	3:09.02	3:06.20	385	10/04/11	Scottish National Open Championships	Glasgow	SCO507	1
50 Butterfly	29.22	28.60	584	12/06/16	Hunting Trophy Meet 2016	Aberdeen	SCO1143	2
100 Butterfly	1:07.10	1:06.00	565	08/04/11	Scottish National Open Championships	Glasgow	SCO507	1
200 Butterfly	2:29.90	2:27.80	536	23/07/11	British Gas ASA NAG Championships 2011	Sheffield	ASA111	1
50 Backstroke	32.59	32.00	559	30/04/16	COAST Long Course Meet	Aberdeen	SCO1116	1
100 Backstroke	1:11.97	1:10.80	505	13/04/13	SG National Age Group Championships	Edinburgh	SCO710	1
200 Backstroke	2:37.67	2:35.50	476	08/04/11	Scottish National Open Championships	Glasgow	SCO507	1
200 Individual Medley	2:32.06	2:29.40	570	12/04/13	SG National Age Group Championships	Edinburgh	SCO710	1
400 Individual Medley	5:32.92	5:27.60	509	10/04/11	Scottish National Open Championships	Glasgow	SCO507	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.94	28.70	552	02/02/13	Aberdeen Mitchell Trophy 2013	Inverness	SCO697	2
100 Freestyle	1:00.08	1:01.50	585	03/03/13	SASA North District Age Group Championship	Inverness	SCO703	1
200 Freestyle	2:11.87	2:14.50	585	03/12/11	SASA North District Age Group Championship	Inverness	SCO571	1
400 Freestyle	4:38.68	4:43.70	571	13/11/11	Aberdeen Mitchell Trophy 2011	Inverness	SCO561	2
800 Freestyle	10:55.32	11:04.10	386	05/12/09	North District Age Groups	Inverness	SCO398	1
50 Breaststroke	36.07	36.90	486	21/02/16	Garioch Mix Up Meet 2016	Inverurie	SCO1086	2
100 Breaststroke	1:17.19	1:18.80	527	20/12/15	ADASC Club Championships 2015	Northfield	SCO1059	3
200 Breaststroke	2:59.23	3:02.20	423	30/10/11	Dundee Citu 100 200 Meet	Dundee	SCO560	2
50 Butterfly	29.69	30.30	553	04/05/13	Westhill Invitational Meet 2013	Westhill	SCO723	2
100 Butterfly	1:05.22	1:06.40	569	02/03/13	SASA North District Age Group Championship	Inverness	SCO703	1
200 Butterfly	2:23.87	2:26.00	574	05/06/11	SASA North District Open Championships	Westhill	SCO522	1
50 Backstroke	31.32	32.00	523	04/05/13	Westhill Invitational Meet 2013	Westhill	SCO723	2
100 Backstroke	1:07.09	1:08.30	547	05/05/12	Westhill EnQuest Invitation Meet	Westhill	SCO612	2
200 Backstroke	2:26.35	2:28.60	536	03/12/11	SASA North District Age Group Championship	Inverness	SCO571	1
200 Individual Medley	2:27.01	2:29.70	569	29/06/13	SASA North District End of Season Champs	Fraserburgh	SCO746	1
400 Individual Medley	5:13.71	5:19.30	562	04/06/11	SASA North District Open Championships	Westhill	SCO522	1
100 Individual Medley	1:08.38	1:08.40	564	20/02/16	Garioch Mix Up Meet 2016	Inverurie	SCO1086	2