

# Individual Best Times (All Time)

Kristopher Frobisher - (362277) - Cumbernauld ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.95	25.10	523	03/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO1139	2
100 Freestyle	57.28	55.80	547	04/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO1139	2
200 Freestyle	2:07.64	2:04.90	510	05/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO1139	2
400 Freestyle	5:17.44	5:13.00	333	01/05/11	City of Glasgow Open Age Group Meet	Glasgow	SCO517	1
800 Freestyle	11:31.87	11:23.40	279	07/03/10	SASA West District Group 2	Glasgow	SCO413	1
50 Breaststroke	32.54	31.60	507	03/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO1139	2
100 Breaststroke	1:17.63	1:16.00	393	04/04/15	Scottish National Age Group Championships	Aberdeen	SCO959	1
200 Breaststroke	3:42.46	3:40.10	179	30/05/10	West District Group 4	Glasgow	SCO440	1
50 Butterfly	31.38	30.80	357	10/05/14	2014 SASA West District LC OAG Championship	East Kilbride	SCO838	1
100 Butterfly	1:22.90	1:22.00	212	13/02/11	Edinburgh International Age Groups	Glasgow	SCO488	1
100 Backstroke	1:12.21	1:11.10	364	01/03/14	SASA West District Open SAG Champs	East Kilbride	SCO814	1
200 Backstroke	2:50.15	2:48.20	284	10/04/11	Scottish National Open Championships	Glasgow	SCO507	1
200 Individual Medley	2:23.80	2:21.00	498	30/01/16	Brodies Schools Swimming Championships	Glasgow	SCO1090	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.20	26.00	512	12/06/16	Open Age Group and Senior Meet 2016	Cumbernauld	SCO1146	2
100 Freestyle	54.57	56.10	554	11/06/16	Open Age Group and Senior Meet 2016	Cumbernauld	SCO1146	2
200 Freestyle	2:00.84	2:03.70	556	23/04/16	SAST Open Age Group Meet	Ayr	SCO1114	2
400 Freestyle	4:50.28	4:55.10	390	05/05/13	Carnegie So Long Meet	Dunfermline	SCO724	2
50 Breaststroke	31.72	32.70	486	12/06/16	Open Age Group and Senior Meet 2016	Cumbernauld	SCO1146	2
100 Breaststroke	1:10.33	1:12.10	485	12/12/15	Scottish National Short Course Meet	Edinburgh	SCO1057	1
200 Breaststroke	3:01.01	3:03.90	292	02/11/13	SASA West District SC SAG	Dumfries	SCO774	1
50 Butterfly	30.30	30.90	369	29/08/15	SASA West District SR Championships	Ayr	SCO1012	1
100 Butterfly	1:20.94	1:21.90	205	20/03/11	Cumbernauld Open Age Group and Senior Meet	Cumbernauld	SCO527	2
50 Backstroke	30.57	31.20	378	30/08/15	SASA West District SR Championships	Ayr	SCO1012	1
100 Backstroke	1:12.85	1:13.90	291	02/11/13	SASA West District SC SAG	Dumfries	SCO774	1
200 Backstroke	2:39.37	2:41.50	291	05/05/13	Carnegie So Long Meet	Dunfermline	SCO724	2
200 Individual Medley	2:17.65	2:20.50	505	13/02/16	Sharks Open Meet	Bellshill	SCO1082	1
100 Individual Medley	1:03.19	1:03.20	474	11/12/15	Scottish National Short Course Meet	Edinburgh	SCO1057	1