

Individual Best Times (All Time)

Rhiannon Laing - (514316) - Fife Synchronised Swimming Club

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	32.31	33.00	357	14/09/14	Fife & Geordie Wotherspoon Gala	Glenrothes	SCO914	2
100 Freestyle	1:15.54	1:16.60	294	01/09/13	Dunedin Challenge Meet	Dunfermline	SCO749	2
50 Breaststroke	42.95	43.70	288	05/05/13	Haddington Total Swim Meet	Mercat Gait	SCO721	2
100 Breaststroke	1:33.50	1:34.80	296	31/08/13	Dunedin Challenge Meet	Dunfermline	SCO749	2
50 Butterfly	37.60	38.10	272	05/05/13	Haddington Total Swim Meet	Mercat Gait	SCO721	2
50 Backstroke	36.45	37.00	332	14/09/14	Fife & Geordie Wotherspoon Gala	Glenrothes	SCO914	2
100 Backstroke	1:20.21	1:21.20	320	31/08/13	Dunedin Challenge Meet	Dunfermline	SCO749	2
100 Individual Medley	1:22.81	1:22.80	317	31/08/13	Dunedin Challenge Meet	Dunfermline	SCO749	2