

# Individual Best Times (All Time)

Gregor Penman - (518054) - Burntisland ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:03.79	1:02.50	396	24/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
200 Freestyle	2:13.81	2:11.20	442	29/05/16	East District Open & Grand Prix	Edinburgh	SCO1132	1
50 Backstroke	32.94	32.30	365	22/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
100 Backstroke	1:09.70	1:08.50	405	28/05/16	East District Open & Grand Prix	Edinburgh	SCO1132	1
200 Backstroke	2:28.07	2:25.80	431	29/05/16	East District Open & Grand Prix	Edinburgh	SCO1132	1
200 Individual Medley	2:49.39	2:47.00	304	14/01/15	SASA East District Age Group Championships	Edinburgh	SCO927	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.84	28.60	379	25/10/15	Carnegie Winter Open Meet	Dunfermline	SCO1031	2
100 Freestyle	59.91	1:01.30	419	05/06/16	Fife League 3	Fife	SCO1142	2
200 Freestyle	2:07.25	2:09.90	476	05/06/16	Fife League 3	Fife	SCO1142	2
50 Breaststroke	37.22	38.10	301	04/09/16	Fife Championships	Glenrothes	SCO1169	2
50 Butterfly	33.13	33.70	282	04/09/16	Fife Championships	Glenrothes	SCO1169	2
50 Backstroke	32.09	32.70	327	04/09/16	Fife Championships	Glenrothes	SCO1169	2
100 Backstroke	1:06.79	1:08.00	378	27/08/16	Dunedin Challenge Meet	Bathgate	SCO1174	2
200 Backstroke	2:23.03	2:25.30	402	28/08/16	Dunedin Challenge Meet	Bathgate	SCO1174	2
200 Individual Medley	2:21.68	2:24.40	463	01/05/16	Fife League 3	Fife	SCO1137	2
100 Individual Medley	1:08.84	1:08.80	366	04/09/16	Fife Championships	Glenrothes	SCO1169	2