

Individual Best Times (All Time)

Lynsey Henderson - (54542) - Lerwick ASC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.59	31.30	421	16/12/00	BP Scottish Winter Open	Inverness Aquadome	SCO037	2
100 Freestyle	1:04.99	1:06.30	462	09/04/00	SASA North District Age Groups	unknown	SCO032	2
200 Freestyle	2:20.64	2:23.10	482	10/04/05	SASA North District Age Groups	Inverness	SCO158	2
400 Freestyle	4:54.63	4:59.40	483	13/07/05	Natwest Island Games	Shetland	SCO168	2
800 Freestyle	10:16.24	10:25.60	464	12/07/05	Natwest Island Games	Shetland	SCO168	2
1500 Freestyle	21:11.82	21:28.00	364	16/09/18	Shetland distance time trial 2 2018	Clickimin	SCO1512	2
50 Breaststroke	40.93	41.70	333	17/12/00	BP Scottish Winter Open	Inverness Aquadome	SCO037	2
100 Breaststroke	1:28.67	1:30.10	347	09/04/00	SASA North District Age Groups	unknown	SCO032	2
200 Breaststroke	3:08.98	3:11.80	361	05/04/03	SASA North District Age Groups	Inverness	SCO104	2
50 Butterfly	34.59	35.10	350	09/04/00	SASA North District Age Groups	unknown	SCO032	2
100 Butterfly	1:22.18	1:23.10	284	24/10/99	Mitchell Trophy Gala	Aberdeen	SCO015	2
50 Backstroke	39.12	39.60	268	10/04/00	SASA North District Age Groups	unknown	SCO032	2
200 Individual Medley	2:44.67	2:47.10	405	10/04/05	SASA North District Age Groups	Inverness	SCO158	2
400 Individual Medley	5:52.53	5:57.50	396	11/07/05	Natwest Island Games	Shetland	SCO168	2
100 Individual Medley	1:19.84	1:19.80	354	22/03/09	Shetland Sprint Champs	Clickimin	SCO350	2