

Individual Best Times (All Time)

Molly Johnstone - (751417) - Alloa ASC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	35.24	35.80	275	21/09/14	Stirling Autumn Meet	Stirling	SCO898	2
100 Freestyle	1:15.70	1:16.80	292	06/09/15	Central Swimming Championships	Grangemouth	SCO1015	2
200 Freestyle	2:51.33	2:53.40	266	25/10/14	Alloa Graded Meet 2014	Stirling	SCO891	2
400 Freestyle	6:10.58	6:14.40	243	28/04/13	Aquanauts Livingston 12th Annual Meet	Livingston	SCO719	2
50 Breaststroke	49.17	49.80	192	24/08/14	Cumbernauld Autumn Graded Meet	Tryst	SCO869	2
100 Breaststroke	1:43.54	1:44.80	218	16/03/14	Cumbernauld Spring Graded Meet 2014	Tryst	SCO821	2
50 Butterfly	39.00	39.50	244	27/10/13	Alloa Graded Meet	Alloa	SCO777	2
100 Butterfly	1:27.76	1:28.60	233	01/12/13	Cumbernauld Open Age Group Meet	Cumbernauld	SCO798	2
50 Backstroke	37.10	37.60	315	21/09/14	Stirling Autumn Meet	Stirling	SCO898	2
100 Backstroke	1:20.62	1:21.60	315	31/01/15	Mags 2015	Grangemouth	SCO944	2
200 Backstroke	2:52.95	2:54.90	325	01/12/13	Cumbernauld Open Age Group Meet	Cumbernauld	SCO798	2
200 Individual Medley	3:01.13	3:03.30	304	26/10/13	Alloa Graded Meet	Alloa	SCO777	2
100 Individual Medley	1:26.09	1:26.10	282	27/10/13	Alloa Graded Meet	Alloa	SCO777	2