

Individual Best Times (All Time)

Cara Mullan - (755145) - Grangemouth ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.87	29.20	493	08/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
100 Freestyle	1:03.57	1:02.20	538	29/05/16	East District Open & Grand Prix	Edinburgh	SCO1132	1
200 Freestyle	2:17.93	2:15.40	547	05/03/17	2017 SASA West District LC AG R3 Championship	East Kilbride	SCO1257	1
400 Freestyle	4:52.05	4:47.20	523	02/07/16	Scottish National Open Championships	Glasgow	SCO1155	1
100 Butterfly	1:14.23	1:13.20	417	05/03/16	SASA West District LC AG Round 3	East Kilbride	SCO1092	1
50 Backstroke	34.34	33.80	478	12/03/16	Edinburgh International Meet	Edinburgh	SCO1099	1
100 Backstroke	1:10.77	1:09.60	531	09/07/17	Scottish Summer Meet	Edinburgh	SCO1321	1
200 Backstroke	2:27.50	2:25.20	581	12/03/17	Edinburgh International Meet 2017	Edinburgh	SCO1260	1
400 Individual Medley	5:44.96	5:39.80	457	30/06/16	Scottish National Open Championships	Glasgow	SCO1155	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.33	30.00	477	21/02/16	FIRST Inter-Club Time Trial	Grangemouth	SCO1096	2
100 Freestyle	1:02.58	1:03.90	517	24/10/15	DCA Autumn Open Meet	Dundee	SCO1030	2
200 Freestyle	2:15.34	2:17.90	541	29/10/16	2016 SASA West District SC SAG Championship	Glasgow	SCO1199	1
400 Freestyle	4:46.10	4:51.00	528	24/10/15	DCA Autumn Open Meet	Dundee	SCO1030	2
800 Freestyle	10:23.48	10:32.70	448	14/06/15	ELST Distance Meet 2015	Mercat Gait	SCO998	2
1500 Freestyle	18:53.69	19:11.70	514	26/11/16	Dumfries Advent Open 2016	Bellshill	SCO1205	2
50 Breaststroke	47.80	48.50	209	27/10/13	Alloa Graded Meet	Alloa	SCO777	2
100 Breaststroke	1:30.28	1:31.70	329	07/01/17	FIRST Annual Open Meet 2017	Bathgate	SCO1219	2
200 Breaststroke	3:08.02	3:10.80	366	30/04/16	Dumfries & FIRST Spring Meet	Bellshill	SCO1119	2
50 Butterfly	32.34	32.90	428	30/04/16	Dumfries & FIRST Spring Meet	Bellshill	SCO1119	2
100 Butterfly	1:13.64	1:14.70	395	25/10/15	DCA Autumn Open Meet	Dundee	SCO1030	2
200 Butterfly	2:53.62	2:55.40	326	24/01/15	FIRST Open Meet	Bathgate	SCO928	2
50 Backstroke	32.62	33.20	463	09/12/16	Scottish National Short Course Championships	Edinburgh	SCO1210	1
100 Backstroke	1:07.98	1:09.20	526	13/12/15	Scottish National Short Course Meet	Edinburgh	SCO1057	1
200 Backstroke	2:22.51	2:24.80	581	12/12/15	Scottish National Short Course Meet	Edinburgh	SCO1057	1
200 Individual Medley	2:36.15	2:38.70	475	29/10/16	2016 SASA West District SC SAG Championship	Glasgow	SCO1199	1
400 Individual Medley	5:31.10	5:36.40	478	25/10/15	DCA Autumn Open Meet	Dundee	SCO1030	2
100 Individual Medley	1:23.23	1:23.20	312	27/10/13	Alloa Graded Meet	Alloa	SCO777	2