

Individual Best Times (All Time)

Michael Rankin - (758561) - Heart Of Midlothian ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Breaststroke	1:28.78	1:27.30	262	14/01/15	SASA East District Age Group Championships	Edinburgh	SCO927	1
200 Individual Medley	2:53.18	2:50.90	285	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	30.17	30.90	298	17/05/15	Swim West Lothian IM Tough 2015	West Lothian	SCO990	2
100 Freestyle	1:07.64	1:08.90	291	15/02/15	SASA East District Challenge	Bathgate	SCO939	1
200 Freestyle	2:25.75	2:28.10	316	07/03/15	Lothian Leagues 2015 Round 1	Prestonpans	SCO950	2
400 Freestyle	7:22.42	7:25.60	110	01/05/11	Carnegie Graded Spring Meet	Glenrothes	SCO509	2
50 Breaststroke	36.07	36.90	330	26/09/15	Scottish National Team Championships 2015	Glasgow	SCO1023	1
100 Breaststroke	1:23.55	1:25.00	289	17/05/15	Swim West Lothian IM Tough 2015	West Lothian	SCO990	2
200 Breaststroke	2:51.21	2:54.30	345	26/09/15	Scottish National Team Championships 2015	Glasgow	SCO1023	1
50 Butterfly	37.98	38.50	187	11/10/14	Hearts Premier Age Group Championships	Prestonpans	SCO887	2
50 Backstroke	36.78	37.30	217	11/10/14	Hearts Premier Age Group Championships	Prestonpans	SCO887	2
100 Backstroke	1:13.24	1:14.30	287	14/02/15	SASA East District Challenge	Bathgate	SCO939	1
200 Backstroke	2:43.63	2:45.70	269	01/12/14	SASA East District AG Round 2	Glenrothes	SCO916	1
200 Individual Medley	2:39.59	2:42.00	324	17/05/15	Swim West Lothian IM Tough 2015	West Lothian	SCO990	2
100 Individual Medley	1:19.50	1:19.50	238	12/10/14	Hearts Premier Age Group Championships	Prestonpans	SCO887	2