

# Individual Best Times (All Time)

Ailiesha McInnes - (769704) - Motherwell & Wishaw ASC

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.27	37.80	232	16/03/14	Cumbernauld Spring Graded Meet 2014	Tryst	SCO821	2
100 Freestyle	1:21.75	1:22.80	232	16/03/14	Cumbernauld Spring Graded Meet 2014	Tryst	SCO821	2
50 Breaststroke	52.68	53.30	156	25/08/13	Cumbernauld Graded AG Autumn Meet	Cumbernauld	SCO797	2
50 Backstroke	48.90	49.30	137	25/08/13	Cumbernauld Graded AG Autumn Meet	Cumbernauld	SCO797	2
200 Individual Medley	3:31.71	3:33.60	190	01/12/13	Cumbernauld Open Age Group Meet	Cumbernauld	SCO798	2
100 Individual Medley	1:41.81	1:41.80	171	25/08/13	Cumbernauld Graded AG Autumn Meet	Cumbernauld	SCO797	2