

# Individual Best Times (All Time)

Zoe Train - (833370) - Cumbernauld ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.50	30.80	421	07/02/16	SASA West District LC AG Round 1 Meet	East Kilbride	SCO1088	1
100 Freestyle	1:08.77	1:07.50	425	04/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO1139	2
50 Butterfly	32.50	31.90	424	29/05/16	East District Open & Grand Prix	Edinburgh	SCO1132	1
100 Butterfly	1:12.75	1:11.70	443	28/05/16	East District Open & Grand Prix	Edinburgh	SCO1132	1
200 Butterfly	2:50.29	2:48.40	366	10/05/15	SASA West District Championships	East Kilbride	SCO975	1
50 Backstroke	36.84	36.30	387	06/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
100 Backstroke	1:19.97	1:19.00	368	07/02/16	SASA West District LC AG Round 1 Meet	East Kilbride	SCO1088	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.30	31.00	433	12/06/16	Open Age Group and Senior Meet 2016	Cumbernauld	SCO1146	2
100 Freestyle	1:05.64	1:06.90	448	11/06/16	Open Age Group and Senior Meet 2016	Cumbernauld	SCO1146	2
200 Freestyle	2:26.15	2:28.50	429	22/10/16	Alloa Graded Meet	Stirling	SCO1192	2
400 Freestyle	5:51.90	5:55.90	283	18/11/12	2012 WD Short Course Championships JAG	Cumbernauld	SCO672	1
800 Freestyle	12:02.56	12:10.50	288	08/06/13	InCas Distance Meet	Dunfermline	SCO735	2
50 Breaststroke	45.07	45.80	249	24/08/14	Cumbernauld Autumn Graded Meet	Tryst	SCO869	2
100 Breaststroke	1:32.00	1:33.40	311	26/11/16	Dumfries Advent Open 2016	Bellshill	SCO1205	2
200 Breaststroke	3:12.80	3:15.50	340	26/11/16	Dumfries Advent Open 2016	Bellshill	SCO1205	2
50 Butterfly	32.34	32.90	428	11/06/16	Open Age Group and Senior Meet 2016	Cumbernauld	SCO1146	2
100 Butterfly	1:12.47	1:13.50	414	12/06/16	Open Age Group and Senior Meet 2016	Cumbernauld	SCO1146	2
200 Butterfly	2:44.16	2:46.10	386	24/04/16	SAST Open Age Group Meet	Ayr	SCO1114	2
50 Backstroke	34.99	35.60	375	14/06/15	Open Age Group and Senior Meet 2015	Glasgow	SCO1002	2
100 Backstroke	1:14.93	1:16.00	393	26/04/15	South Ayrshire Open Meet	South Ayrshire	SCO968	2
200 Backstroke	2:43.29	2:45.30	386	25/10/15	Alloa Graded Meet 2015	Alloa	SCO1032	2
200 Individual Medley	2:41.09	2:43.50	432	29/10/16	2016 SASA West District SC SAG Championship	Glasgow	SCO1199	1
400 Individual Medley	6:03.90	6:08.70	360	03/05/14	North Ayrshire Junior Meet	Auchenharvie	SCO834	2
100 Individual Medley	1:21.45	1:21.50	333	26/10/14	Alloa Graded Meet 2014	Stirling	SCO891	2