

Individual Best Times (All Time)

Lewis Macleod - (833962) - Stranraer Stingrays ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.14	26.40	457	24/09/17	City of Sheffield 35th Annual Teaspoon Meet	Sheffield	NE170251	3
100 Freestyle	59.22	57.80	495	21/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	NE170490	1
200 Freestyle	2:04.76	2:02.00	546	02/07/17	Scottish National Open Championships	Aberdeen	SCO1320	1
400 Freestyle	4:37.09	4:32.00	500	30/05/15	City of Sunderland Last Chance Qualifier Meet	Sunderland	NE151004	1
50 Breaststroke	34.00	33.10	444	24/09/17	City of Sheffield 35th Annual Teaspoon Meet	Sheffield	NE170251	3
100 Breaststroke	1:33.21	1:31.80	227	09/02/14	2014 SASA West District LC JAG Champs	East Kilbride	SCO808	1
200 Breaststroke	3:17.80	3:15.10	255	08/02/14	2014 SASA West District LC JAG Champs	East Kilbride	SCO808	1
50 Butterfly	27.83	27.10	512	30/06/17	Scottish National Open Championships	Aberdeen	SCO1320	1
100 Butterfly	1:03.15	1:01.90	480	07/07/17	Scottish Summer Meet	Edinburgh	SCO1321	1
200 Butterfly	2:44.44	2:42.50	302	07/03/15	SASA West District SAG Championship	East Kilbride	SCO949	1
50 Backstroke	28.63	27.90	556	02/07/17	Scottish National Open Championships	Aberdeen	SCO1320	1
100 Backstroke	1:02.40	1:01.10	565	01/07/17	Scottish National Open Championships	Aberdeen	SCO1320	1
200 Backstroke	2:15.69	2:13.20	561	07/07/17	Scottish Summer Meet	Edinburgh	SCO1321	1
200 Individual Medley	2:18.24	2:15.40	560	08/07/17	Scottish Summer Meet	Edinburgh	SCO1321	1
400 Individual Medley	4:53.02	4:47.00	566	09/07/17	Scottish Summer Meet	Edinburgh	SCO1321	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.02	26.80	465	27/08/17	2017 SS West District SC Sprints and Relay	Ayr	SCO1326	1
100 Freestyle	56.49	57.90	500	28/10/17	2017 SS West District SC Senior Age Group	Grangemouth	SCO1359	1
200 Freestyle	2:03.64	2:06.40	519	09/10/16	City of Sunderland Short Course Qualifier	Sunderland	NE162066	2
400 Freestyle	4:32.68	4:37.80	471	15/11/15	SASA North District Grand Prix 2015	Inverness	SCO1042	1
800 Freestyle	12:22.46	12:30.20	213	05/11/11	Ayrshire Distance Meet	Auchenharvie	SCO559	2
1500 Freestyle	17:37.66	17:57.00	513	26/11/16	Dumfries Advent Open 2016	Dumfries	SCO1208	2
50 Breaststroke	31.93	32.90	477	27/08/17	2017 SS West District SC Sprints and Relay	Ayr	SCO1326	1
100 Breaststroke	1:11.68	1:13.40	458	29/10/17	2017 SS West District SC Senior Age Group	Grangemouth	SCO1359	1
200 Breaststroke	2:38.78	2:42.10	433	25/11/17	Dumfries ASC Advent Open 2017	Dumfries	SCO1374	2
50 Butterfly	27.03	27.70	521	10/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
100 Butterfly	1:02.99	1:04.20	436	29/10/17	2017 SS West District SC Senior Age Group	Grangemouth	SCO1359	1
200 Butterfly	2:26.19	2:28.30	390	26/11/16	Dumfries Advent Open 2016	Dumfries	SCO1208	2
50 Backstroke	26.71	27.40	567	08/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
100 Backstroke	57.92	59.30	580	10/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
200 Backstroke	2:06.16	2:08.80	586	08/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
200 Individual Medley	2:11.13	2:14.10	584	10/12/16	Scottish National Short Course Championships	Edinburgh	SCO1210	1
400 Individual Medley	4:40.44	4:46.60	586	11/12/16	Scottish National Short Course Championships	Edinburgh	SCO1210	1
100 Individual Medley	1:00.51	1:00.50	540	08/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2