

# Individual Best Times (All Time)

Murray Fraser - (835359) - Tranent ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.13	28.40	369	05/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
100 Freestyle	1:00.94	59.60	454	02/04/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
200 Freestyle	2:17.67	2:15.10	406	20/12/15	City of Leeds Christmas Meet 2015	Leeds	NE150109	3
400 Freestyle	4:37.86	4:32.80	496	27/05/17	East District Long Course Open Meet	Edinburgh	SCO1301	1
50 Breaststroke	37.94	37.10	319	04/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
100 Breaststroke	1:22.70	1:21.20	325	23/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
50 Backstroke	32.26	31.60	389	28/05/17	East District Long Course Open Meet	Edinburgh	SCO1301	1
100 Backstroke	1:10.24	1:09.10	396	27/05/17	East District Long Course Open Meet	Edinburgh	SCO1301	1
200 Backstroke	2:28.53	2:26.30	427	29/05/16	East District Open & Grand Prix	Edinburgh	SCO1132	1
200 Individual Medley	2:32.96	2:30.40	413	03/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.98	31.60	275	20/03/16	Portobello Mad March Meet	Prestonpans	SCO1111	2
100 Freestyle	1:03.93	1:05.20	345	25/10/15	Carnegie Winter Open Meet	Dunfermline	SCO1031	2
200 Freestyle	2:06.52	2:09.20	484	05/11/17	North District Open Championships 2017	Inverness	SCO1360	1
400 Freestyle	4:28.18	4:33.40	495	26/02/17	Hearts SNAGs Last Change Age Group Meet	West Lothian	SCO1253	2
800 Freestyle	9:08.53	9:19.00	528	28/10/17	East District Time Trial	Xcite Leisure Centre	SCO1356	2
1500 Freestyle	17:27.14	17:46.60	528	19/05/17	Swim West Lothian IM Tough 2017	West Lothian	SCO1298	2
50 Breaststroke	53.60	54.20	100	17/03/12	Portobello Mad March Meet	Prestonpans	SCO596	2
100 Breaststroke	1:16.64	1:18.30	375	05/11/17	North District Open Championships 2017	Inverness	SCO1360	1
200 Breaststroke	2:48.06	2:51.20	365	15/01/17	East District Age Groups Round 2	Edinburgh	SCO1236	1
50 Backstroke	31.21	31.80	355	05/11/17	North District Open Championships 2017	Inverness	SCO1360	1
100 Backstroke	1:06.47	1:07.70	384	04/11/17	North District Open Championships 2017	Inverness	SCO1360	1
200 Backstroke	2:20.78	2:23.10	422	05/11/17	North District Open Championships 2017	Inverness	SCO1360	1
200 Individual Medley	2:38.07	2:40.50	333	20/03/16	Portobello Mad March Meet	Prestonpans	SCO1111	2
400 Individual Medley	5:08.60	5:14.20	440	13/10/17	East Lothian Swim Team Time Trial Series 1	Musselburgh SC	SCO1349	2
100 Individual Medley	1:28.71	1:28.70	171	07/04/13	Midlothian SC Sprint Meet	Prestonpans	SCO748	2