

# Individual Best Times (All Time)

Rebecca Braid - (854692) - Carnegie ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.66	28.90	504	25/05/18	2018 Glasgow International Swim Meet	Glasgow	SCO1471	1
100 Freestyle	1:02.87	1:01.50	556	27/03/19	Scottish National Age Group Championships	Tollcross	SCO1637	1
200 Freestyle	2:14.78	2:12.20	586	26/05/18	2018 Glasgow International Swim Meet	Glasgow	SCO1471	1
400 Freestyle	4:42.91	4:37.90	575	27/05/18	2018 Glasgow International Swim Meet	Glasgow	SCO1471	1
800 Freestyle	9:43.68	9:33.70	572	06/05/18	East District Open Championships	Edinburgh	SCO1461	1
50 Breaststroke	38.78	38.00	425	03/02/18	East District Age Groups 2018 Round 3	Edinburgh	SCO1419	1
100 Breaststroke	1:24.22	1:22.70	441	10/02/19	East District Age Group Championships Finals	Glasgow	SCO1607	1
200 Breaststroke	2:59.32	2:56.30	451	30/03/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
50 Butterfly	32.69	32.10	417	30/04/17	University of Aberdeen Long Course Open Meet	Aberdeen	SCO1287	1
100 Butterfly	1:10.81	1:09.70	480	09/02/19	Swim Scotland East District Age Groups 2019	Edinburgh	SCO1596	1
50 Backstroke	34.45	33.90	473	25/05/19	Glasgow International Swim Meet	Tollcross	SCO1665	1
100 Backstroke	1:13.01	1:11.90	484	10/02/19	Swim Scotland East District Age Groups 2019	Edinburgh	SCO1596	1
200 Backstroke	2:36.51	2:34.40	487	28/03/18	Scottish National Age Group Championships	Tollcross	SCO1441	1
200 Individual Medley	2:33.07	2:30.50	559	25/05/18	2018 Glasgow International Swim Meet	Glasgow	SCO1471	1
400 Individual Medley	5:24.69	5:19.20	549	28/06/18	Scottish National Open Championships	Tollcross	SCO1495	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.33	30.00	477	02/09/18	Fife Championships	Glenrothes	SCO1506	2
100 Freestyle	1:02.64	1:04.00	516	02/06/19	Fife Leagues May 19	Michael Woods Centre	SCO1682	2
200 Freestyle	2:12.93	2:15.50	571	13/01/18	EDAG Round 2 2018	Michael Woods Centre	SCO1432	2
400 Freestyle	4:39.33	4:44.30	567	25/11/18	East District Age Group Championships round 1	Michael Woods Centre	SCO1567	2
800 Freestyle	9:29.04	9:39.10	590	25/11/17	EDAG 17 Round 1	Michael Woods Centre	SCO1431	2
1500 Freestyle	18:24.86	18:43.40	555	26/11/17	EDAG 17 Round 1	Michael Woods Centre	SCO1431	2
50 Breaststroke	37.09	37.90	447	02/09/18	Fife Championships	Glenrothes	SCO1506	2
100 Breaststroke	1:20.80	1:22.30	459	10/03/19	Fife Leagues March 19	Michael Woods Centre	SCO1623	2
200 Breaststroke	2:54.49	2:57.50	458	05/03/17	Fife league 1	Fife	SCO1256	2
50 Butterfly	33.13	33.70	398	19/02/17	Carnegie Open Spring Age Group Meet 2017	Glenrothes	SCO1246	2
100 Butterfly	1:12.32	1:13.40	417	17/12/17	Warrender Graded Meet	Michael Woods Centre	SCO1391	2
200 Butterfly	2:39.46	2:41.40	422	12/01/19	East District Age Group Championships Round 3	Michael Woods Centre	SCO1580	1
50 Backstroke	33.74	34.30	419	22/12/18	East District Age Groups 2018 Round 2	Edinburgh	SCO1578	2
100 Backstroke	1:12.41	1:13.50	435	27/10/19	Carnegie Winter Open Meet 2019	Michael Woods	SCO1726	2
200 Backstroke	2:31.13	2:33.30	487	12/01/19	East District Age Group Championships Round 3	Michael Woods Centre	SCO1580	1
200 Individual Medley	2:31.85	2:34.40	516	20/01/18	Carnegie Graded Meet	Dunfermline	SCO1403	2
400 Individual Medley	5:17.67	5:23.20	541	13/05/17	InCAS Distance Meet	Michael Woods Centre	SCO1300	2
100 Individual Medley	1:12.96	1:13.00	464	27/10/19	Carnegie Winter Open Meet 2019	Michael Woods	SCO1726	2