

Individual Best Times (All Time)

Benjamin Macmillan - (861377) - Stirling Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:15.10	1:14.00	242	08/02/14	2014 SASA West District LC JAG Champs	East Kilbride	SCO808	1
1500 Freestyle	19:54.17	19:36.80	388	05/06/15	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO991	2
100 Breaststroke	1:27.75	1:26.30	272	08/03/15	SASA West District SAG Championship	East Kilbride	SCO949	1
200 Breaststroke	2:59.68	2:56.70	340	06/06/15	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO991	2
100 Backstroke	1:23.44	1:22.50	236	08/02/14	2014 SASA West District LC JAG Champs	East Kilbride	SCO808	1
200 Backstroke	2:37.85	2:35.70	356	06/06/15	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO991	2

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.87	30.60	307	26/09/15	Stirling Autumn Meet	Stirling	SCO1026	2
100 Freestyle	1:04.26	1:05.50	339	19/12/15	Cumbernauld Christmas Sprints 2015	Cumbernauld	SCO1064	3
200 Freestyle	2:16.94	2:19.50	382	24/01/16	Stirling Winter Meet	Stirling	SCO1080	2
400 Freestyle	4:50.83	4:55.60	388	23/01/16	Stirling Winter Meet	Stirling	SCO1080	2
1500 Freestyle	19:23.62	19:41.20	385	12/04/15	Stirling Open Meet	Stirling	SCO962	2
50 Breaststroke	37.86	38.70	286	26/09/15	Stirling Autumn Meet	Stirling	SCO1026	2
100 Breaststroke	1:20.46	1:22.00	324	06/09/15	Central Swimming Championships	Grangemouth	SCO1015	2
200 Breaststroke	2:48.77	2:51.90	360	23/01/16	Stirling Winter Meet	Stirling	SCO1080	2
50 Butterfly	41.81	42.30	140	30/11/14	Cumbernauld Winter Open Meet	Cumbernauld	SCO915	2
100 Butterfly	1:29.46	1:30.30	152	06/09/15	Central Swimming Championships	Grangemouth	SCO1015	2
50 Backstroke	35.08	35.60	250	23/01/16	Stirling Winter Meet	Stirling	SCO1080	2
100 Backstroke	1:13.23	1:14.30	287	26/09/15	Stirling Autumn Meet	Stirling	SCO1026	2
200 Backstroke	2:31.29	2:33.50	340	13/06/15	ELST Distance Meet 2015	Mercat Gait	SCO998	2
200 Individual Medley	2:49.62	2:51.90	269	30/11/14	Cumbernauld Winter Open Meet	Cumbernauld	SCO915	2
100 Individual Medley	1:22.43	1:22.40	213	24/08/14	Cumbernauld Autumn Graded Meet	Tryst	SCO869	2