

Individual Best Times (All Time)

Benjamin Dougal - (863081) - Peterhead ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:13.55	1:12.40	258	17/05/14	Dyce Hunting Trophy Meet	Aberdeen	SCO841	2
200 Freestyle	2:50.94	2:48.90	212	03/05/14	Westhill Dolphin Drilling Invitational Meet 2014	Aberdeen	SCO836	2
100 Breaststroke	1:32.74	1:31.40	230	17/05/14	Dyce Hunting Trophy Meet	Aberdeen	SCO841	2
50 Butterfly	37.35	36.80	211	17/05/14	Dyce Hunting Trophy Meet	Aberdeen	SCO841	2
200 Individual Medley	3:06.75	3:04.60	227	03/05/14	Westhill Dolphin Drilling Invitational Meet 2014	Aberdeen	SCO836	2

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	30.50	31.20	288	21/02/15	Garioch Mix Up Meet 2015	Inverurie	SCO945	2
100 Freestyle	1:13.66	1:14.80	225	08/02/14	Peterhead ASC Graded Meet	Peterhead	SCO806	2
200 Freestyle	2:42.15	2:44.30	230	15/02/14	2014 Elgin Spring Meet	Buckie	SCO812	2
400 Freestyle	5:40.13	5:44.20	243	21/02/15	Garioch Mix Up Meet 2015	Inverurie	SCO945	2
50 Breaststroke	41.07	41.80	224	21/02/15	Garioch Mix Up Meet 2015	Inverurie	SCO945	2
100 Breaststroke	1:32.32	1:33.70	214	21/02/15	Garioch Mix Up Meet 2015	Inverurie	SCO945	2
200 Breaststroke	3:30.38	3:32.90	186	23/11/13	Upper Deeside Challenge 2013	Deeside	SCO783	2
50 Butterfly	36.00	36.50	220	21/02/15	Garioch Mix Up Meet 2015	Inverurie	SCO945	2
100 Butterfly	1:19.72	1:20.70	215	07/02/15	PASC Graded Age Group Meet 2015	Peterhead	SCO935	2
50 Backstroke	41.99	42.50	145	15/02/14	2014 Elgin Spring Meet	Buckie	SCO812	2
100 Backstroke	1:40.48	1:41.30	111	09/02/13	PASC Graded Meet 2013	Peterhead	SCO694	2
100 Individual Medley	1:28.27	1:28.30	174	26/10/13	Alford Otters 4th 100 Meet	Westhill	SCO771	2