

Individual Best Times (All Time)

Claire Kennedy - (885196) - Larkhall Avondale ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.59	31.90	380	18/02/18	2018 WD Long Course Championships - Round 2	Glasgow	SCO1423	1
100 Freestyle	1:12.00	1:10.80	370	08/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
200 Freestyle	2:37.99	2:35.80	364	07/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
50 Breaststroke	43.95	43.20	292	12/05/17	SASA West Dist LC Best in the West AG Meet	East Kilbride	SCO1291	1
100 Breaststroke	1:36.62	1:35.30	292	08/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
50 Butterfly	35.68	35.10	320	27/04/18	East Kilbride Long Course Open Age Group Meet	Dollan Aqua Centre	SCO1453	1
100 Butterfly	1:22.83	1:21.90	300	13/05/17	SASA West Dist LC Best in the West AG Meet	East Kilbride	SCO1291	1
200 Butterfly	3:10.45	3:08.80	261	14/01/17	2017 SASA West District LC AG R1 Championship	East Kilbride	SCO1223	1
50 Backstroke	41.40	40.90	273	01/03/20	2020 SS West District LC AG Pre-SNAG Meet	Glasgow	SCO1800	2
200 Individual Medley	3:02.25	3:00.10	331	05/06/16	East Kilbride Long Course Open Age Group Meet	East Kilbride	SCO1139	2

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.20	31.90	396	11/06/17	Cumbernauld Age Group & Senior Meet	Cumbernauld	SCO1315	2
100 Freestyle	1:07.35	1:08.60	415	21/05/17	Alloa May Meet 17	Alloa	SCO1297	2
200 Freestyle	2:32.26	2:34.50	380	22/10/16	Alloa Graded Meet	Stirling	SCO1192	2
400 Freestyle	5:14.49	5:18.90	397	26/11/16	Dumfries Advent Open 2016	Dumfries	SCO1208	2
800 Freestyle	11:41.50	11:49.70	315	11/02/18	North Ayrshire's 200 Meet	Auchenharvie	SCO1411	2
50 Breaststroke	42.30	43.00	301	23/10/16	Alloa Graded Meet	Stirling	SCO1192	2
100 Breaststroke	1:30.72	1:32.10	324	12/03/17	Cumbernauld Spring Graded Meet	Tryst LC	SCO1259	2
200 Breaststroke	3:14.28	3:17.00	332	13/11/16	2016 SASA West District SC JAG Championship	Cumbernauld	SCO1198	1
50 Butterfly	36.25	36.80	304	27/08/17	2017 SS West District SC Sprints and Relay	Ayr	SCO1326	1
100 Butterfly	1:18.73	1:19.70	323	09/11/16	South Lanarkshire Schools Swimming Championships	South Lanarkshire	SCO1203	2
200 Butterfly	2:57.32	2:59.10	306	13/11/16	2016 SASA West District SC JAG Championship	Cumbernauld	SCO1198	1
50 Backstroke	39.53	40.00	260	22/10/16	Alloa Graded Meet	Stirling	SCO1192	2
100 Backstroke	1:28.50	1:29.40	238	12/06/16	Open Age Group and Senior Meet 2016	Cumbernauld	SCO1146	2
200 Backstroke	3:07.46	3:09.20	255	26/05/19	InCAS Distance Meet	Michael Woods Centre	SCO1671	2
200 Individual Medley	2:49.64	2:52.00	370	09/11/16	South Lanarkshire Schools Swimming Championships	South Lanarkshire	SCO1203	2
400 Individual Medley	6:12.26	6:17.00	336	19/02/17	Carnegie Open Spring Age Group Meet 2017	Glenrothes	SCO1246	2
100 Individual Medley	1:21.43	1:21.40	334	08/10/17	Hearts Premier Age Group Meet	Prestonpans	SCO1345	2