

Individual Best Times (All Time)

Rachel Saunders - (896131) - Glasgow University Swim Team

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.96	29.30	489	29/03/19	Scottish National Age Group Championships	Tollcross	SCO1637	1
100 Freestyle	1:01.67	1:00.30	589	24/02/22	McCullagh International Meet	Bangor	GBR1621	1
200 Freestyle	2:14.23	2:11.60	594	19/01/20	53e Challenge International de Geneve	Geneva	GBR1294	1
400 Freestyle	4:35.96	4:30.80	620	13/03/20	Edinburgh International	Edinburgh	SCO1813	1
800 Freestyle	9:44.19	9:34.20	571	28/04/19	East District Open Championships	Edinburgh	SCO1649	1
1500 Freestyle	18:56.42	18:38.10	531	06/05/18	East District Open Championships	Edinburgh	SCO1461	1
50 Breaststroke	37.35	36.50	475	13/04/22	Scottish National Age Groups	Tollcross	SCO1877	1
100 Breaststroke	1:19.42	1:17.80	526	23/02/20	EDAG Roun 4 Finals	Edinburgh	SCO1810	1
200 Breaststroke	2:58.28	2:55.30	459	27/05/18	2018 Glasgow International Swim Meet	Glasgow	SCO1471	1
50 Butterfly	32.31	31.70	432	27/05/18	2018 Glasgow International Swim Meet	Glasgow	SCO1471	1
100 Butterfly	1:09.87	1:08.80	500	22/02/20	EDAG Roun 4 Finals	Edinburgh	SCO1810	1
50 Backstroke	30.11	29.40	709	12/03/21	British Swimming Invitation Meet	Manchester	BSW014	1
100 Backstroke	1:03.27	1:02.00	743	15/04/21	British Swimming Selection Trials 2021	London	BSW015	1
200 Backstroke	2:14.56	2:12.10	766	17/04/21	British Swimming Selection Trials 2021	London	BSW015	1
200 Individual Medley	2:26.49	2:23.80	638	28/06/19	Scottish National Open Championships	Aberdeen	SCO1689	1
400 Individual Medley	5:11.95	5:06.30	619	14/03/20	Edinburgh International	Edinburgh	SCO1813	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.43	29.20	524	02/11/19	East District Age Group Championships	Michael Wood Centre	SCO1739	2
100 Freestyle	59.94	1:01.30	589	06/10/19	WBC Championships Day 2 and 3 2019	Michael Woods Centre	SCO1753	2
200 Freestyle	2:07.69	2:10.40	644	13/11/21	East District Time Trials	Xcite Bathgate	SCO1837	2
400 Freestyle	4:25.12	4:30.40	664	23/01/22	East District Age Group Championships Round 1	Edinburgh	SCO1844	2
800 Freestyle	9:15.64	9:25.90	634	23/11/19	East District Age Groups round 2	Michael Woods Centre	SCO1754	2
1500 Freestyle	18:47.90	19:06.00	522	26/11/17	EDAG 17 Round 1	Michael Woods Centre	SCO1431	2
50 Breaststroke	35.93	36.80	492	02/11/19	East District Age Group Championships	Michael Wood Centre	SCO1739	2
100 Breaststroke	1:15.86	1:17.50	555	12/12/21	Scottish National Winter SC Championships	Edinburgh	SCO1834	2
200 Breaststroke	2:44.64	2:47.80	546	10/11/19	North District Open Championships 2019	Aberdeen	SCO1741	2
50 Butterfly	30.65	31.30	503	02/11/19	East District Age Group Championships	Michael Wood Centre	SCO1739	2
100 Butterfly	1:07.68	1:08.80	509	10/10/21	East District Time Trials	RCP, Edinburgh	SCO1824	2
200 Butterfly	2:38.11	2:40.10	432	05/10/19	WBC Championships Day 2 and 3 2019	Michael Woods Centre	SCO1753	2
50 Backstroke	29.09	29.80	653	12/12/21	Scottish National Winter SC Championships	Edinburgh	SCO1834	2
100 Backstroke	1:01.75	1:03.00	702	11/12/21	Scottish National Winter SC Championships	Edinburgh	SCO1834	2
200 Backstroke	2:10.77	2:13.30	752	10/12/21	Scottish National Winter SC Championships	Edinburgh	SCO1834	2
200 Individual Medley	2:19.16	2:22.00	671	11/12/21	Scottish National Winter SC Championships	Edinburgh	SCO1834	2
400 Individual Medley	5:00.58	5:06.40	639	23/11/19	East District Age Groups round 2	Michael Woods Centre	SCO1754	2
100 Individual Medley	1:12.32	1:12.30	477	16/09/18	WBC Championships 200's 2018	Edinburgh	SCO1535	2