

Individual Best Times (All Time)

Molly Urquhart - (897614) - City Of Glasgow Swim Team

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.95	29.20	489	12/05/17	SASA West Dist LC Best in the West AG Meet	East Kilbride	SCO1291	1
100 Freestyle	1:04.22	1:02.90	522	05/03/17	2017 SASA West District LC AG R3 Championship	East Kilbride	SCO1257	1
200 Freestyle	2:21.45	2:19.00	507	05/03/17	2017 SASA West District LC AG R3 Championship	East Kilbride	SCO1257	1
50 Breaststroke	40.40	39.60	376	04/02/17	2017 SASA West District Championships	East Kilbride	SCO1235	1
100 Breaststroke	1:29.92	1:28.50	362	08/05/16	2016 Best in the West Open Meet	Glasgow	SCO1127	1
50 Butterfly	33.29	32.70	395	12/05/17	SASA West Dist LC Best in the West AG Meet	East Kilbride	SCO1291	1
100 Butterfly	1:15.68	1:14.70	393	27/05/17	East District Long Course Open Meet	Edinburgh	SCO1301	1
50 Backstroke	37.13	36.60	378	30/04/16	COAST Long Course Meet	Aberdeen	SCO1116	1
200 Backstroke	2:53.13	2:51.20	359	07/02/15	SASA West District JAG Championship	East Kilbride	SCO936	1
200 Individual Medley	2:39.62	2:37.10	493	14/05/17	SASA West Dist LC Best in the West AG Meet	East Kilbride	SCO1291	1
400 Individual Medley	6:00.13	5:55.20	402	30/04/16	COAST Long Course Meet	Aberdeen	SCO1116	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.56	30.30	466	23/04/17	SAST Open Age Group Meet 2017	South Ayrshire	SCO1278	2
100 Freestyle	1:03.60	1:04.90	493	30/10/16	2016 SASA West District SC SAG Championship	Glasgow	SCO1199	1
200 Freestyle	2:18.83	2:21.30	501	15/04/17	Stirling Open Meet	Stirling	SCO1272	2
50 Breaststroke	38.59	39.40	397	12/02/17	Bellshill Sharks Open Meet 2017	Glasgow	SCO1241	2
100 Breaststroke	1:23.15	1:24.70	421	11/02/17	Bellshill Sharks Open Meet 2017	Glasgow	SCO1241	2
200 Breaststroke	3:23.97	3:26.50	287	29/11/14	Cumbernauld Winter Open Meet	Cumbernauld	SCO915	2
50 Butterfly	32.72	33.30	413	07/01/17	FIRST Annual Open Meet 2017	Bathgate	SCO1219	2
100 Butterfly	1:14.09	1:15.10	388	08/01/17	FIRST Annual Open Meet 2017	Bathgate	SCO1219	2
50 Backstroke	37.83	38.40	297	14/02/15	Sharks Open Meet	Bellshill	SCO955	2
100 Backstroke	1:16.15	1:17.20	374	24/04/16	SAST Open Age Group Meet	Ayr	SCO1114	2
200 Backstroke	2:47.56	2:49.50	357	29/11/14	Cumbernauld Winter Open Meet	Cumbernauld	SCO915	2
200 Individual Medley	2:37.85	2:40.30	460	12/02/17	Bellshill Sharks Open Meet 2017	Glasgow	SCO1241	2
400 Individual Medley	5:37.54	5:42.70	451	16/04/17	Stirling Open Meet	Stirling	SCO1272	2
100 Individual Medley	1:16.22	1:16.20	407	08/01/17	FIRST Annual Open Meet 2017	Bathgate	SCO1219	2