

Individual Best Times (All Time)

Kirsty Mitchell - (899124) - Motherwell & Wishaw ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
200 Butterfly	2:58.41	2:56.60	318	14/01/17	2017 SASA West District LC AG R1 Championship	East Kilbride	SCO1223	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.64	32.30	380	29/04/17	Dumfries Spring Graded Meet 2017	Dumfries	SCO1280	2
100 Freestyle	1:07.84	1:09.10	406	27/08/17	Dunedin Challenge Meet	Bathgate	SCO1325	2
200 Freestyle	2:31.13	2:33.40	388	28/05/17	Rutherglen Rascals Graded Meet	Bellshill	SCO1302	2
400 Freestyle	5:20.01	5:24.40	377	12/02/17	North Ayrshire 200 Meet	Auchenharvie	SCO1242	2
50 Breaststroke	43.80	44.50	271	19/03/17	REN96 Graded Meet	Linwood	SCO1269	2
100 Breaststroke	1:37.45	1:38.70	262	06/11/16	Ren 96 Open Meet	Linwood	SCO1212	2
200 Breaststroke	3:38.15	3:40.60	234	29/05/16	Rutherglen Rascals Graded Meet	Bellshill	SCO1136	2
50 Butterfly	34.34	34.90	357	22/01/17	Stirling Graded Meet 2017	Stirling	SCO1229	2
100 Butterfly	1:14.23	1:15.20	386	27/08/17	Dunedin Challenge Meet	Bathgate	SCO1325	2
200 Butterfly	2:48.76	2:50.60	356	26/08/17	Dunedin Challenge Meet	Bathgate	SCO1325	2
50 Backstroke	38.29	38.80	286	19/03/17	REN96 Graded Meet	Linwood	SCO1269	2
100 Backstroke	1:25.70	1:26.60	262	09/04/16	Stirling Open Meet	Stirling	SCO1107	2
200 Backstroke	3:09.06	3:10.80	248	30/05/15	Rascals Graded Meet 2015	Bellshill	SCO983	2
200 Individual Medley	2:59.38	3:01.60	313	10/04/16	Stirling Open Meet	Stirling	SCO1107	2
400 Individual Medley	6:39.56	6:43.90	272	29/05/16	Rutherglen Rascals Graded Meet	Bellshill	SCO1136	2
100 Individual Medley	1:23.51	1:23.50	309	10/04/16	Stirling Open Meet	Stirling	SCO1107	2