

Individual Best Times (All Time)

Adam Balanowski - (90015385) - Carnegie ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.17	31.50	274	29/04/23	University of Aberdeen Age Group Open	Aberdeen	SCO2021	1
100 Freestyle	1:05.22	1:03.90	370	16/03/24	East District Age Group Champs R3 2024	Edinburgh	SCO2168	1
200 Freestyle	2:32.95	2:30.70	296	29/04/23	University of Aberdeen Age Group Open	Aberdeen	SCO2021	1
400 Freestyle	5:17.31	5:12.80	333	29/04/23	University of Aberdeen Age Group Open	Aberdeen	SCO2021	1
800 Freestyle	10:18.21	10:08.80	391	26/04/24	Uo Aberdeen PS Age Group Open 2024	Aberdeen	SCO2185	1
50 Breaststroke	36.90	36.00	347	28/04/24	Uo Aberdeen PS Age Group Open 2024	Aberdeen	SCO2185	1
100 Breaststroke	1:22.49	1:20.90	327	27/04/24	Uo Aberdeen PS Age Group Open 2024	Aberdeen	SCO2185	1
200 Breaststroke	3:01.50	2:58.60	330	04/02/24	East District Age Groups 2024	Edinburgh	SCO2149	1
50 Butterfly	34.11	33.50	278	03/02/24	East District Age Groups 2024	Edinburgh	SCO2149	1
50 Backstroke	33.52	32.90	346	28/04/24	Uo Aberdeen PS Age Group Open 2024	Aberdeen	SCO2185	1
100 Backstroke	1:14.13	1:13.00	337	17/03/24	East District Age Group Champs R3 2024	Edinburgh	SCO2168	1
200 Backstroke	2:37.61	2:35.50	358	28/04/24	Uo Aberdeen PS Age Group Open 2024	Aberdeen	SCO2185	1
200 Individual Medley	2:39.97	2:37.50	361	17/03/24	East District Age Group Champs R3 2024	Edinburgh	SCO2168	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.23	29.90	328	24/02/24	Hearts Fast February	Edinburgh	SCO2155	2
100 Freestyle	1:03.77	1:05.10	347	24/02/24	Hearts Fast February	Edinburgh	SCO2155	2
200 Freestyle	2:17.97	2:20.50	373	03/03/24	East District Chilli Challenge	Bathgate	SCO2158	2
400 Freestyle	4:59.54	5:04.20	355	25/11/23	East District Age Groups 2023	Glenrothes	SCO2156	2
800 Freestyle	10:09.39	10:18.80	385	25/11/23	East District Age Groups 2023	Glenrothes	SCO2156	2
50 Breaststroke	37.31	38.10	299	12/11/23	Fife Championships 2023	Michael Woods Centre	SCO2095	2
100 Breaststroke	1:20.91	1:22.50	318	24/03/24	Fife League 2 March 2024	Fife	SCO2173	2
200 Breaststroke	3:02.97	3:05.80	283	15/10/23	SWL Distance Meet 2023	Xcite Bathgate	SCO2074	2
50 Butterfly	33.92	34.50	263	02/12/23	Tranent Xmas Gala 2023	Mercat Gait Centre	SCO2108	3
100 Butterfly	1:13.78	1:14.80	271	09/06/24	League 4 June 24	Glenrothes	SCO2204	2
50 Backstroke	33.30	33.90	292	21/01/24	Fife League 1 Jan 24	Glenrothes	SCO2136	2
100 Backstroke	1:12.56	1:13.70	295	28/10/23	Warrender Annual Open Meet 2023	Michael Woods Centre	SCO2109	2
200 Backstroke	2:30.39	2:32.60	346	09/06/24	League 4 June 24	Glenrothes	SCO2204	2
200 Individual Medley	2:38.40	2:40.90	331	24/02/24	Hearts Fast February	Edinburgh	SCO2155	2
100 Individual Medley	1:13.78	1:13.80	297	12/11/23	Fife Championships 2023	Michael Woods Centre	SCO2095	2