

# Individual Best Times (All Time)

Matthew Pogorzelec - (90020295) - Monifieth ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.77	30.10	313	29/01/23	City of Sunderland SC New Year Meet 2023	Sunderland	NE230134	1
100 Freestyle	1:00.92	59.50	455	11/02/24	ND Age Group Champs Rd 1 2024	Aberdeen	SCO2144	1
200 Freestyle	2:14.16	2:11.50	439	27/04/24	Uo Aberdeen PS Age Group Open 2024	Aberdeen	SCO2185	1
400 Freestyle	4:47.49	4:42.60	448	27/04/24	Uo Aberdeen PS Age Group Open 2024	Aberdeen	SCO2185	1
50 Butterfly	29.19	28.50	444	27/04/24	Uo Aberdeen PS Age Group Open 2024	Aberdeen	SCO2185	1
100 Butterfly	1:05.73	1:04.60	425	13/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
200 Butterfly	2:28.15	2:26.00	413	28/06/24	2024 Scottish National Open Swimming Championships	Edinburgh	SS241309	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.33	29.10	360	24/02/24	Hearts Fast February	Edinburgh	SCO2155	2
100 Freestyle	59.76	1:01.10	422	10/03/24	REN96 Pre-SNAGS 2024	ON-X Linwood	SCO2161	2
200 Freestyle	2:12.41	2:15.00	422	24/02/24	Hearts Fast February	Edinburgh	SCO2155	2
400 Freestyle	4:49.21	4:54.00	395	24/11/23	SASA Midland District Age group Championships	Forfar	SCO2102	2
800 Freestyle	9:52.90	10:02.60	418	04/02/24	Long Distance Time trial 2024 v	Dundee	SCO2150	2
50 Breaststroke	56.29	56.80	87	26/06/21	Tighinn Comhla	Various	LXX011	0
100 Breaststroke	1:30.34	1:31.70	229	12/03/23	ANGUS Pentaqua - Round 2	Forfar	SCO1994	2
50 Butterfly	29.74	30.40	391	09/03/24	REN96 Pre-SNAGS 2024	ON-X Linwood	SCO2161	2
100 Butterfly	1:06.60	1:07.70	369	28/01/24	SASA Midland District League One - Round 2 2024	Dundee	SCO2141	2
200 Butterfly	2:30.80	2:32.90	355	24/02/24	Hearts Fast February	Edinburgh	SCO2155	2
50 Backstroke	41.38	41.90	152	26/09/21	SASA Midland District Sprints	Dundee	SCO1818	2
100 Backstroke	1:14.89	1:16.00	268	16/09/23	SASA Midland District League One 2023	Perth	SCO2066	2
200 Individual Medley	2:35.71	2:38.20	349	26/11/23	SASA Midland District Age group Championships	Forfar	SCO2102	2
100 Individual Medley	1:12.71	1:12.70	311	10/09/23	SASA Midland District Sprints 2023	Arbroath	SCO2060	2