

# Individual Best Times (All Time)

Nikodem Trojnar - (90021018) - Heart Of Midlothian ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.18	27.40	408	24/06/23	East District Summer Sizzler	Edinburgh	SCO2052	1
100 Freestyle	1:00.75	59.40	458	24/06/23	East District Summer Sizzler	Edinburgh	SCO2052	1
50 Breaststroke	34.29	33.40	433	26/05/23	Glasgow International Swim Meet	Tollcross	SCO2036	1
100 Breaststroke	1:15.59	1:13.90	426	28/06/24	2024 Scottish National Open Swimming Championships	Edinburgh	SS241309	1
200 Breaststroke	2:46.50	2:43.30	428	10/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
50 Butterfly	32.50	31.90	321	23/01/23	East District Age Groups	Scotland	SCO1979	1
100 Butterfly	1:13.13	1:12.10	309	29/03/23	East District Age Groups	Edinburgh	SCO2015	1
50 Backstroke	34.66	34.10	313	24/01/23	East District Age Groups	Scotland	SCO1979	1
100 Backstroke	1:15.51	1:14.40	319	17/03/24	East District Age Group Champs R3 2024	Edinburgh	SCO2168	1
200 Backstroke	3:06.83	3:05.00	214	18/07/21	Scottish Summer Festival of Swimming	Edinburgh	SCO1817	1
200 Individual Medley	2:34.54	2:32.00	401	29/03/23	East District Age Groups	Edinburgh	SCO2015	1
400 Individual Medley	5:30.47	5:25.10	395	29/06/24	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	28.26	29.00	363	07/10/23	Hearts Premier Age Group Meet 2023	Michael Woods Centre	SCO2077	3
100 Freestyle	1:01.71	1:03.10	383	07/10/23	Hearts Premier Age Group Meet 2023	Michael Woods Centre	SCO2077	3
200 Freestyle	2:15.92	2:18.50	390	01/10/23	East District Time Trials 2023	Xcite Bathgate	SCO2076	3
400 Freestyle	4:45.34	4:50.20	411	15/10/23	SWL Distance Meet 2023	Xcite Bathgate	SCO2074	2
800 Freestyle	9:50.61	10:00.30	423	25/11/23	East District Age Groups 2023	Glenrothes	SCO2156	2
1500 Freestyle	18:52.90	19:11.00	417	15/10/23	SWL Distance Meet 2023	Xcite Bathgate	SCO2074	2
50 Breaststroke	33.34	34.30	419	07/10/23	Hearts Premier Age Group Meet 2023	Michael Woods Centre	SCO2077	3
100 Breaststroke	1:12.99	1:14.70	434	16/12/23	Scottish National League Finals	Glenrothes	SCO2128	1
200 Breaststroke	2:40.93	2:44.20	416	13/01/24	SWL Open Meet 2024	Bathgate, Scotland	SCO2133	2
50 Butterfly	32.47	33.00	300	05/02/23	ELST Age Group Meet 2023	Prestonpans	SCO1978	2
100 Butterfly	1:15.59	1:16.60	252	04/02/23	ELST Age Group Meet 2023	Prestonpans	SCO1978	2
200 Butterfly	2:38.75	2:40.70	304	14/01/24	SWL Open Meet 2024	Bathgate, Scotland	SCO2133	2
100 Backstroke	1:09.98	1:11.10	329	16/12/23	Scottish National League Finals	Glenrothes	SCO2128	1
200 Backstroke	2:34.40	2:36.50	320	01/10/23	East District Time Trials 2023	Xcite Bathgate	SCO2076	3
200 Individual Medley	2:28.51	2:31.10	402	14/01/24	SWL Open Meet 2024	Bathgate, Scotland	SCO2133	2
400 Individual Medley	5:13.06	5:18.60	421	13/01/24	SWL Open Meet 2024	Bathgate, Scotland	SCO2133	2