

Individual Best Times (All Time)

Harry Duncan - (90024621) - Deveron ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.56	26.80	436	12/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
100 Freestyle	1:01.48	1:00.10	442	28/04/24	Uo Aberdeen PS Age Group Open 2024	Aberdeen	SCO2185	1
50 Breaststroke	34.43	33.50	428	09/06/24	Dyce LC Meet 2024	Aberdeen	SCO2202	2
100 Breaststroke	1:19.95	1:18.40	360	27/04/24	Uo Aberdeen PS Age Group Open 2024	Aberdeen	SCO2185	1
50 Butterfly	31.17	30.60	364	09/06/24	Dyce LC Meet 2024	Aberdeen	SCO2202	2
100 Butterfly	1:16.96	1:16.00	265	10/02/24	ND Age Group Champs Rd 1 2024	Aberdeen	SCO2144	1
100 Backstroke	1:19.32	1:18.30	275	09/06/24	Dyce LC Meet 2024	Aberdeen	SCO2202	2
400 Individual Medley	6:12.59	6:07.80	275	10/02/24	ND Age Group Champs Rd 1 2024	Aberdeen	SCO2144	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.82	27.60	424	18/05/24	Westhill Invitational Meet 2024	Westhill	SCO2195	2
100 Freestyle	58.95	1:00.40	440	19/05/24	Westhill Invitational Meet 2024	Westhill	SCO2195	2
200 Freestyle	2:23.94	2:26.30	329	17/02/24	Elgin Nearly Spring Meet 2024	Buckie	SCO2148	2
400 Freestyle	5:14.92	5:19.40	306	08/10/23	North District Distance Meet 2023	Fraserburgh	SCO2071	2
50 Breaststroke	34.91	35.80	365	17/03/24	Garioch Pre Snags Meet 2024	Inverurie	SCO2177	2
100 Breaststroke	1:18.48	1:20.10	349	18/05/24	Westhill Invitational Meet 2024	Westhill	SCO2195	2
200 Breaststroke	2:53.03	2:56.10	334	19/05/24	Westhill Invitational Meet 2024	Westhill	SCO2195	2
50 Butterfly	30.64	31.30	357	23/03/24	Deveron Sprints 2024	Banff	SCO2176	2
100 Butterfly	1:12.53	1:13.60	285	16/03/24	Garioch Pre Snags Meet 2024	Inverurie	SCO2177	2
50 Backstroke	34.89	35.50	254	23/03/24	Deveron Sprints 2024	Banff	SCO2176	2
100 Backstroke	1:24.21	1:25.20	189	13/05/23	Elgin ASC Mini-Grad 23	Buckie	SCO2031	2
200 Individual Medley	2:35.93	2:38.40	347	18/05/24	Westhill Invitational Meet 2024	Westhill	SCO2195	2
400 Individual Medley	5:53.72	5:58.70	292	07/10/23	North District Distance Meet 2023	Fraserburgh	SCO2071	2
100 Individual Medley	1:10.01	1:10.00	348	23/03/24	Deveron Sprints 2024	Banff	SCO2176	2