

# Individual Best Times (All Time)

Alex Tinch - (90028672) - Stirling Swimming

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	25.89	25.10	526	12/05/24	ARENA Manchester Open Meet 2024	Manchester	NW240840	1
100 Freestyle	57.33	55.90	546	16/04/23	Scottish National Age Group Championships	Aberdeen	SCO2016	1
200 Freestyle	2:14.58	2:12.00	435	22/04/23	East Kilbride LC Age Group Meet 2023	East Kilbride	SCO2018	1
50 Breaststroke	39.48	38.70	283	22/04/23	East Kilbride LC Age Group Meet 2023	East Kilbride	SCO2018	1
100 Breaststroke	1:29.48	1:28.10	256	18/02/23	2023 SS West District LC Champs WE2	Glasgow	SCO1982	1
50 Butterfly	28.83	28.20	460	29/06/24	2024 Scottish National Open Swimming Championships	Edinburgh	SS241309	1
100 Butterfly	1:07.23	1:06.10	397	13/04/24	2024 Scottish National Age Group Swimming Champs	Aberdeen	SS240959	1
50 Backstroke	30.64	30.00	454	27/05/23	Glasgow International Swim Meet	Tollcross	SCO2036	1
100 Backstroke	1:07.64	1:06.40	443	01/07/23	Scottish National Open Championships	Tollcross	SCO2054	1
200 Individual Medley	2:34.99	2:32.40	397	26/03/23	2023 WD Long Course Pre-SNAG Meet	Glasgow	SCO2005	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	25.89	26.70	472	22/10/23	2023 SS West District SC Champs WE1	Glasgow	SCO2080	2
100 Freestyle	56.80	58.30	491	10/09/23	SS West District SC Sep AG Meet 2023	Glasgow	SCO2062	2
200 Freestyle	2:13.92	2:16.50	408	22/10/23	2023 SS West District SC Champs WE1	Glasgow	SCO2080	2
50 Breaststroke	36.64	37.50	315	22/10/23	2023 SS West District SC Champs WE1	Glasgow	SCO2080	2
100 Breaststroke	1:21.09	1:22.60	316	11/11/23	2023 SS West District SC Champs WE2	Glasgow	SCO2088	2
200 Breaststroke	3:01.96	3:04.80	287	21/01/24	Stirling IM Challenge Meet	Grangemouth	SCO2135	2
50 Butterfly	28.41	29.10	448	10/02/24	FIRST Open Age Group Meet 2024	Grangemouth	SCO2146	2
100 Butterfly	1:05.89	1:07.00	381	09/09/23	SS West District SC Sep AG Meet 2023	Glasgow	SCO2062	2
50 Backstroke	30.89	31.50	366	11/11/23	2023 SS West District SC Champs WE2	Glasgow	SCO2088	2
100 Backstroke	1:05.92	1:07.10	394	10/09/23	SS West District SC Sep AG Meet 2023	Glasgow	SCO2062	2
200 Backstroke	2:29.12	2:31.30	355	21/01/24	Stirling IM Challenge Meet	Grangemouth	SCO2135	2
200 Individual Medley	2:31.84	2:34.40	376	05/05/24	Falkirk Age Group Meet 2024	Grangemouth Complex	SCO2194	2
400 Individual Medley	5:47.91	5:52.90	307	21/01/24	Stirling IM Challenge Meet	Grangemouth	SCO2135	2
100 Individual Medley	1:07.38	1:07.40	391	09/09/23	SS West District SC Sep AG Meet 2023	Glasgow	SCO2062	2