

Individual Best Times (All Time)

Lucy Holmes - (90031247) - Glenrothes ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	42.06	41.60	176	24/06/23	East District Summer Sizzler	Edinburgh	SCO2052	1
100 Freestyle	1:32.11	1:31.20	176	24/06/23	East District Summer Sizzler	Edinburgh	SCO2052	1
50 Backstroke	49.98	49.60	155	24/06/23	East District Summer Sizzler	Edinburgh	SCO2052	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	37.78	38.30	223	21/01/24	Fife League 1 Jan 24	Glenrothes	SCO2136	2
100 Freestyle	1:18.90	1:20.00	258	09/06/24	League 4 June 24	Glenrothes	SCO2204	2
200 Freestyle	3:17.69	3:19.40	173	20/05/23	Carnegie Spring Age Group Meet 2023	Michael Woods Centre	SCO2032	2
400 Freestyle	6:09.94	6:13.70	244	18/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
50 Breaststroke	1:04.80	1:05.30	83	25/02/23	Glenrothes Spring meet 2023	Glenrothes	SCO1988	2
100 Breaststroke	2:10.44	2:11.40	109	03/06/23	Fife Novice & Leagues round 3	Fife	SCO2041	2
50 Butterfly	46.92	47.30	140	13/01/24	SWL Open Meet 2024	Bathgate, Scotland	SCO2133	2
100 Butterfly	1:53.96	1:54.60	106	24/03/24	Fife League 2 March 2024	Fife	SCO2173	2
50 Backstroke	42.83	43.30	204	24/03/24	Fife League 2 March 2024	Fife	SCO2173	2
100 Backstroke	1:31.21	1:32.10	217	09/06/24	League 4 June 24	Glenrothes	SCO2204	2
200 Backstroke	3:40.21	3:41.70	157	07/05/23	Fife Novice & Leagues round 2 2023	Michael Woods Centre	SCO2023	2
200 Individual Medley	3:38.60	3:40.40	173	19/05/24	Carnegie Spring Meet 2024	Glenrothes	SCO2196	2
100 Individual Medley	2:00.61	2:00.60	102	25/02/23	Glenrothes Spring meet 2023	Glenrothes	SCO1988	2