

Individual Best Times (All Time)

Pippa Lang - (90032553) - Forfar ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:18.83	1:17.80	282	09/06/24	Dyce LC Meet 2024	Aberdeen	SCO2202	2
200 Freestyle	2:51.48	2:49.40	285	17/03/24	SASA Midland District LC Mid March Meet	Dundee	SCO2165	1
100 Breaststroke	1:40.80	1:39.50	257	16/03/24	SASA Midland District LC Mid March Meet	Dundee	SCO2165	1
200 Breaststroke	3:33.14	3:30.60	268	17/03/24	SASA Midland District LC Mid March Meet	Dundee	SCO2165	1
100 Butterfly	1:35.48	1:34.70	196	09/06/24	Dyce LC Meet 2024	Aberdeen	SCO2202	2
200 Butterfly	3:45.17	3:43.80	158	28/04/24	Uo Aberdeen PS Age Group Open 2024	Aberdeen	SCO2185	1
50 Backstroke	42.90	42.40	245	20/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	NE240152	1
100 Backstroke	1:28.21	1:27.30	274	17/03/24	SASA Midland District LC Mid March Meet	Dundee	SCO2165	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.53	35.10	292	19/05/24	Westhill Invitational Meet 2024	Westhill	SCO2195	2
100 Freestyle	1:15.95	1:17.00	289	18/05/24	Westhill Invitational Meet 2024	Westhill	SCO2195	2
200 Freestyle	2:46.23	2:48.30	292	19/05/24	Westhill Invitational Meet 2024	Westhill	SCO2195	2
400 Freestyle	5:50.06	5:54.10	288	05/05/24	Falkirk Age Group Meet 2024	Grangemouth Complex	SCO2194	2
50 Breaststroke	46.11	46.80	232	19/05/24	Westhill Invitational Meet 2024	Westhill	SCO2195	2
100 Breaststroke	1:39.00	1:40.30	249	19/05/24	Westhill Invitational Meet 2024	Westhill	SCO2195	2
200 Breaststroke	3:32.15	3:34.60	255	18/05/24	Westhill Invitational Meet 2024	Westhill	SCO2195	2
50 Butterfly	41.78	42.20	198	05/11/23	Angus Pentaqua R1 2023	Montrose	SCO2099	3
100 Butterfly	1:33.57	1:34.40	192	26/11/23	SASA Midland District Age group Championships	Forfar	SCO2102	2
200 Butterfly	3:38.30	3:39.70	164	03/12/23	St Thomas ASC Winter Graded Meet 2023	Arbroath	SCO2104	3
50 Backstroke	39.36	39.90	264	18/05/24	Westhill Invitational Meet 2024	Westhill	SCO2195	2
100 Backstroke	1:24.17	1:25.10	277	18/05/24	Westhill Invitational Meet 2024	Westhill	SCO2195	2
200 Backstroke	2:57.62	2:59.50	300	19/05/24	Westhill Invitational Meet 2024	Westhill	SCO2195	2
200 Individual Medley	3:06.05	3:08.20	280	05/05/24	Falkirk Age Group Meet 2024	Grangemouth Complex	SCO2194	2
100 Individual Medley	1:38.75	1:38.80	187	23/04/23	ANGUS Pentaqua Round 3	Arbroath	SCO2020	2