

# Individual Best Times (All Time)

Dominik Mon - (90038158) - Dyce (Aberdeen) ASC

## Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:26.47	1:25.50	159	11/06/23	Dyce LC Meet	Aberdeen	SCO2046	1
100 Breaststroke	1:42.48	1:41.20	170	11/06/23	Dyce LC Meet	Aberdeen	SCO2046	1
100 Backstroke	1:40.68	1:39.90	134	11/06/23	Dyce LC Meet	Aberdeen	SCO2046	1

## Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.13	33.80	225	12/11/23	Aberdeen Nifty Fifties 2023	Aberdeen	SCO2087	3
100 Freestyle	1:18.32	1:19.40	187	28/10/23	Warrender Annual Open Meet 2023	Michael Woods Centre	SCO2109	2
200 Freestyle	2:55.42	2:57.40	181	18/11/23	Dyce ASC Club Championships 2023	Aberdeen	SCO2092	2
50 Breaststroke	43.39	44.10	190	12/11/23	Aberdeen Nifty Fifties 2023	Aberdeen	SCO2087	3
100 Breaststroke	1:35.29	1:36.60	195	16/03/24	Aberdeen Development Series round 2 2024	Aberdeen	SCO2163	2
200 Breaststroke	3:39.60	3:42.00	163	13/01/24	Westhill January Meet 2024	Westhill	SCO2132	3
50 Butterfly	39.97	40.40	161	11/11/23	Aberdeen Nifty Fifties 2023	Aberdeen	SCO2087	3
50 Backstroke	41.31	41.80	153	11/11/23	Aberdeen Nifty Fifties 2023	Aberdeen	SCO2087	3
100 Backstroke	1:35.64	1:36.50	129	28/10/23	Warrender Annual Open Meet 2023	Michael Woods Centre	SCO2109	2
200 Individual Medley	3:16.15	3:18.20	174	16/03/24	Aberdeen Development Series round 2 2024	Aberdeen	SCO2163	2