

Individual Best Times (All Time)

Flora Nicholls - (923409) - Warrender Baths Club

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.04	28.30	537	04/02/18	East District Age Groups 2018 Round 3	Edinburgh	SCO1419	1
100 Freestyle	1:01.76	1:00.40	586	03/02/18	East District Age Groups 2018 Round 3	Edinburgh	SCO1419	1
200 Freestyle	2:11.82	2:09.20	627	14/07/19	Scottish Summer Meet	RCP Edinburgh	SCO1690	1
400 Freestyle	4:42.21	4:37.20	580	12/07/19	Scottish Summer Meet	RCP Edinburgh	SCO1690	1
800 Freestyle	9:37.37	9:27.30	591	28/06/19	Scottish National Open Championships	Aberdeen	SCO1689	1
1500 Freestyle	18:23.03	18:04.20	581	02/07/17	Scottish National Open Championships	Aberdeen	SCO1320	1
50 Breaststroke	38.85	38.00	422	03/02/18	East District Age Groups 2018 Round 3	Edinburgh	SCO1419	1
100 Breaststroke	1:26.02	1:24.50	414	05/02/17	East District Age Groups Finals	Edinburgh	SCO1234	1
50 Butterfly	30.75	30.10	501	03/02/18	East District Age Groups 2018 Round 3	Edinburgh	SCO1419	1
100 Butterfly	1:08.36	1:07.20	534	04/02/18	East District Age Groups 2018 Round 3	Edinburgh	SCO1419	1
200 Butterfly	2:31.18	2:29.10	523	30/03/18	Scottish National Age Group Championships	Tollcross	SCO1441	1
50 Backstroke	34.34	33.80	478	04/02/18	East District Age Groups 2018 Round 3	Edinburgh	SCO1419	1
100 Backstroke	1:13.51	1:12.40	474	03/02/18	East District Age Groups 2018 Round 3	Edinburgh	SCO1419	1
200 Backstroke	2:38.11	2:36.00	472	29/04/17	University of Aberdeen Long Course Open Meet	Aberdeen	SCO1287	1
200 Individual Medley	2:31.19	2:28.60	580	02/02/18	East District Age Groups 2018 Round 3	Edinburgh	SCO1419	1
400 Individual Medley	5:16.88	5:11.30	590	29/03/18	Scottish National Age Group Championships	Tollcross	SCO1441	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.65	29.40	512	09/11/19	North District Open Championships 2019	Aberdeen	SCO1741	2
100 Freestyle	1:01.40	1:02.70	548	07/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
200 Freestyle	2:10.72	2:13.30	600	13/01/18	EDAG Round 2 2018	Michael Woods Centre	SCO1432	2
400 Freestyle	4:32.17	4:37.30	613	24/11/19	East District Age Groups round 2	Michael Woods Centre	SCO1754	2
800 Freestyle	9:22.42	9:32.60	611	23/11/19	East District Age Groups round 2	Michael Woods Centre	SCO1754	2
1500 Freestyle	18:04.41	18:23.30	587	24/11/19	East District Age Groups round 2	Michael Woods Centre	SCO1754	2
50 Breaststroke	38.43	39.20	402	22/12/18	East District Age Groups 2018 Round 2	Edinburgh	SCO1578	2
100 Breaststroke	1:26.69	1:28.10	372	21/05/16	Swim West Lothian IM Tough Meet	Livingston	SCO1134	2
200 Breaststroke	2:55.07	2:58.10	454	15/01/17	East District Age Groups Round 2	Edinburgh	SCO1236	1
50 Butterfly	30.52	31.10	509	22/12/18	East District Age Groups 2018 Round 2	Edinburgh	SCO1578	2
100 Butterfly	1:07.96	1:09.10	503	09/11/19	North District Open Championships 2019	Aberdeen	SCO1741	2
200 Butterfly	2:28.36	2:30.50	524	14/01/18	EDAG Round 2 2018	Michael Woods Centre	SCO1432	2
50 Backstroke	33.45	34.00	430	22/12/18	East District Age Groups 2018 Round 2	Edinburgh	SCO1578	2
100 Backstroke	1:13.65	1:14.70	413	17/12/16	Cumbernauld Xmas Sprints	Cumbernauld	SCO1218	2
200 Backstroke	2:30.53	2:32.70	493	12/01/19	East District Age Group Championships Round 3	Michael Woods Centre	SCO1580	1
200 Individual Medley	2:28.19	2:30.80	556	07/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
400 Individual Medley	5:10.19	5:15.80	581	09/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
100 Individual Medley	1:13.87	1:13.90	447	29/10/16	Carnegie Winter Open Meet	Glenrothes	SCO1190	2