

Individual Best Times (All Time)

Connie Duncan - (923883) - Lerwick ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.72	29.00	501	08/03/15	North District Age Group Championships	Aberdeen	SCO947	1
100 Freestyle	1:05.85	1:04.60	484	07/03/15	North District Age Group Championships	Aberdeen	SCO947	1
200 Freestyle	2:23.93	2:21.50	482	08/03/15	North District Age Group Championships	Aberdeen	SCO947	1
50 Butterfly	31.22	30.60	479	05/04/15	Scottish National Age Group Championships	Aberdeen	SCO959	1
100 Butterfly	1:15.83	1:14.80	391	07/03/15	North District Age Group Championships	Aberdeen	SCO947	1
200 Butterfly	2:56.57	2:54.80	328	08/03/15	North District Age Group Championships	Aberdeen	SCO947	1
50 Backstroke	34.04	33.40	491	04/02/18	North District Age Group Championships 2018	Aberdeen	SCO1414	1
100 Backstroke	1:14.87	1:13.80	448	03/04/15	Scottish National Age Group Championships	Aberdeen	SCO959	1
200 Backstroke	2:37.82	2:35.70	475	07/03/15	North District Age Group Championships	Aberdeen	SCO947	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.48	30.20	470	11/03/18	A9 Shetland Sprint Championships 2018	Clickimin	SCO1433	2
100 Freestyle	1:04.03	1:05.30	483	29/11/14	SASA North District Age Group Meet	Inverness	SCO917	1
200 Freestyle	2:19.91	2:22.40	490	30/11/14	SASA North District Age Group Meet	Inverness	SCO917	1
400 Freestyle	5:08.31	5:12.80	422	08/09/13	Shetland Distance Time Trials 2013	Lerwick	SCO757	2
50 Breaststroke	41.64	42.40	316	11/03/18	A9 Shetland Sprint Championships 2018	Clickimin	SCO1433	2
100 Breaststroke	1:32.79	1:34.10	303	09/11/14	Shetland Age Groups & School Champs	Lochside	SCO904	2
200 Breaststroke	3:31.78	3:34.30	256	28/09/14	Shetland Distance Time Trials 2	Lerwick	SCO883	2
50 Butterfly	31.06	31.70	483	17/05/15	Shetland Junior Inter County Trials 2015	Clickimin	SCO977	2
100 Butterfly	1:11.48	1:12.50	432	16/11/14	COAST Grand Prix	Aberdeen	SCO907	1
200 Butterfly	2:44.37	2:46.30	385	15/11/14	COAST Grand Prix	Aberdeen	SCO907	1
50 Backstroke	33.44	34.00	430	05/05/18	Shetland Junior Inter County Trials 2018	Clickimin	SCO1456	2
100 Backstroke	1:10.55	1:11.70	470	15/11/14	COAST Grand Prix	Aberdeen	SCO907	1
200 Backstroke	2:33.52	2:35.70	465	29/11/14	SASA North District Age Group Meet	Inverness	SCO917	1
200 Individual Medley	2:43.83	2:46.20	411	29/11/14	SASA North District Age Group Meet	Inverness	SCO917	1
400 Individual Medley	5:43.73	5:48.80	427	30/11/14	SASA North District Age Group Meet	Inverness	SCO917	1
100 Individual Medley	1:15.51	1:15.50	419	11/03/18	A9 Shetland Sprint Championships 2018	Clickimin	SCO1433	2