

Individual Best Times (All Time)

Erika Coupek - (937713) - Kelso ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	28.02	27.30	598	30/03/18	Scottish National Age Group Championships	Tollcross	SCO1441	1
100 Freestyle	1:00.98	59.60	609	12/07/19	Scottish Summer Meet	RCP Edinburgh	SCO1690	1
200 Freestyle	2:12.73	2:10.10	614	26/05/18	2018 Glasgow International Swim Meet	Glasgow	SCO1471	1
400 Freestyle	4:42.68	4:37.70	577	31/03/17	Scottish National Age Group Championships	Aberdeen	SCO1270	1
800 Freestyle	10:21.07	10:11.70	475	18/03/16	City of Sunderland National Qualifier	Sunderland	NE160441	1
50 Breaststroke	41.94	41.20	336	22/01/16	East District Age Group Championships	Edinburgh	SCO1071	1
100 Breaststroke	1:21.78	1:20.20	482	23/02/20	EDAG Roun 4 Finals	Edinburgh	SCO1810	1
200 Breaststroke	3:09.53	3:06.70	382	31/01/15	Brodies Scottish Schools Championships	Aberdeen	SCO938	1
50 Butterfly	30.80	30.20	499	29/06/19	Scottish National Open Championships	Aberdeen	SCO1689	1
100 Butterfly	1:08.41	1:07.30	533	22/02/20	EDAG Roun 4 Finals	Edinburgh	SCO1810	1
50 Backstroke	31.73	31.10	606	12/07/19	Scottish Summer Meet	RCP Edinburgh	SCO1690	1
100 Backstroke	1:06.80	1:05.60	632	14/07/19	Scottish Summer Meet	RCP Edinburgh	SCO1690	1
200 Backstroke	2:23.97	2:21.60	625	29/06/18	Scottish National Open Championships	Tollcross	SCO1495	1
200 Individual Medley	2:28.57	2:25.90	611	12/07/19	Scottish Summer Meet	RCP Edinburgh	SCO1690	1
400 Individual Medley	5:50.12	5:45.10	437	01/04/15	Scottish National Age Group Championships	Aberdeen	SCO959	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	27.67	28.40	569	14/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
100 Freestyle	59.94	1:01.30	589	08/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
200 Freestyle	2:09.93	2:12.60	611	09/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
400 Freestyle	4:35.39	4:40.40	592	25/11/18	East District Age Group Championships round 1	Michael Woods Centre	SCO1567	2
800 Freestyle	9:41.72	9:51.60	552	26/11/16	East District Age Groups Championships	Glenrothes	SCO1206	1
50 Breaststroke	40.84	41.60	335	24/01/15	FIRST Open Meet	Bathgate	SCO928	2
100 Breaststroke	1:22.78	1:24.30	427	28/10/18	Carnegie Winter Open Meet 2018	Michael Woods Centre	SCO1533	2
200 Breaststroke	2:52.29	2:55.30	476	15/01/17	East District Age Groups Round 2	Edinburgh	SCO1236	1
50 Butterfly	31.03	31.60	485	22/12/18	East District Age Groups 2018 Round 2	Edinburgh	SCO1578	2
100 Butterfly	1:18.77	1:19.70	323	24/01/15	FIRST Open Meet	Bathgate	SCO928	2
200 Butterfly	2:58.74	3:00.50	299	24/01/15	FIRST Open Meet	Bathgate	SCO928	2
50 Backstroke	31.00	31.60	540	07/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
100 Backstroke	1:05.31	1:06.50	593	09/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
200 Backstroke	2:19.00	2:21.40	626	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2
200 Individual Medley	2:24.15	2:26.90	604	14/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
400 Individual Medley	5:07.28	5:12.90	598	24/11/18	East District Age Group Championships round 1	Michael Woods Centre	SCO1567	2
100 Individual Medley	1:08.08	1:08.10	571	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	SCO1566	2