

Individual Best Times (All Time)

Ella Harnett - (950630) - East Kilbride ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	32.81	32.20	372	27/04/18	East Kilbride Long Course Open Age Group Meet	Dollan Aqua Centre	SCO1453	1
100 Freestyle	1:14.26	1:13.10	337	03/06/17	East Kilbride Long Course Meet	East Kilbride	SCO1306	1
200 Freestyle	2:41.23	2:39.10	342	29/04/18	East Kilbride Long Course Open Age Group Meet	Dollan Aqua Centre	SCO1453	1
50 Butterfly	35.20	34.70	334	27/04/18	East Kilbride Long Course Open Age Group Meet	Dollan Aqua Centre	SCO1453	1
100 Butterfly	1:28.25	1:27.40	248	29/04/18	East Kilbride Long Course Open Age Group Meet	Dollan Aqua Centre	SCO1453	1
200 Butterfly	3:22.49	3:20.90	217	29/04/18	East Kilbride Long Course Open Age Group Meet	Dollan Aqua Centre	SCO1453	1
50 Backstroke	38.02	37.50	352	17/02/18	2018 WD Long Course Championships - Round 2	Glasgow	SCO1423	1
100 Backstroke	1:21.14	1:20.10	352	29/04/18	East Kilbride Long Course Open Age Group Meet	Dollan Aqua Centre	SCO1453	1
200 Backstroke	2:54.76	2:52.80	349	03/06/17	East Kilbride Long Course Meet	East Kilbride	SCO1306	1
200 Individual Medley	2:58.74	2:56.50	351	04/06/17	East Kilbride Long Course Meet	East Kilbride	SCO1306	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	33.05	33.70	333	02/09/18	2018 SS West District SC Sprints & Relay Champs	Tollcross	SCO1516	1
100 Freestyle	1:12.31	1:13.50	335	16/06/18	Larkhall Graded Meet 2018	Larkhall	SCO1488	2
200 Freestyle	2:41.58	2:43.70	318	30/04/17	Dumfries Spring Graded Meet 2017	Dumfries	SCO1280	2
50 Breaststroke	46.81	47.50	222	30/04/17	Dumfries Spring Graded Meet 2017	Dumfries	SCO1280	2
100 Breaststroke	1:41.03	1:42.30	235	29/04/17	Dumfries Spring Graded Meet 2017	Dumfries	SCO1280	2
200 Breaststroke	4:04.49	4:06.70	166	25/04/15	Dumfries Spring Splash Graded Meet	Dumfries	SCO976	2
50 Butterfly	34.72	35.30	346	27/08/17	2017 SS West District SC Sprints and Relay	Ayr	SCO1326	1
100 Butterfly	1:21.04	1:22.00	296	08/11/17	South Lanarkshire Schools 2017	Larkhill LC	SCO1372	2
50 Backstroke	35.82	36.40	350	26/02/17	EKASC Accredited Time Trial 2017	Larkhall LC	SCO1249	2
100 Backstroke	1:18.21	1:19.20	345	20/04/19	Dumfries Spring Graded Meet 2019	Dumfries	SCO1640	2
200 Backstroke	2:48.63	2:50.60	350	28/10/17	2017 SS West District SC Senior Age Group	Grangemouth	SCO1359	1
200 Individual Medley	2:57.29	2:59.50	324	08/11/17	South Lanarkshire Schools 2017	Larkhill LC	SCO1372	2
100 Individual Medley	1:23.99	1:24.00	304	02/09/18	2018 SS West District SC Sprints & Relay Champs	Tollcross	SCO1516	1