

Individual Best Times (All Time)

Ellie MacDougall - (952081) - Strathclyde University Swimming

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	30.10	29.40	482	01/02/20	ND Age Group Championships 2020 R1	Aberdeen	SCO1779	1
100 Freestyle	1:04.88	1:03.60	506	18/07/21	Scottish Summer Festival of Swimming	Edinburgh	SCO1817	1
200 Freestyle	2:22.07	2:19.60	501	16/07/21	Scottish Summer Festival of Swimming	Edinburgh	SCO1817	1
400 Freestyle	4:56.85	4:52.10	498	17/07/21	Scottish Summer Festival of Swimming	Edinburgh	SCO1817	1
50 Breaststroke	37.34	36.50	476	03/02/19	ND Age Group Championships 2019 R1	Aberdeen	SCO1594	1
100 Breaststroke	1:22.55	1:21.00	468	16/07/21	Scottish Summer Festival of Swimming	Edinburgh	SCO1817	1
200 Breaststroke	3:03.36	3:00.50	422	01/02/20	ND Age Group Championships 2020 R1	Aberdeen	SCO1779	1
50 Butterfly	30.84	30.20	497	03/03/20	ND Age Group Championships 2020 R2	Aberdeen	SCO1806	1
100 Butterfly	1:09.73	1:08.60	503	25/01/20	Scottish Schools Championships	Tollcross	SCO1787	1
50 Backstroke	36.86	36.30	386	02/02/20	ND Age Group Championships 2020 R1	Aberdeen	SCO1779	1
100 Backstroke	1:21.82	1:20.80	344	27/05/18	North District Long Course Time Trials 2018	Aberdeen	SCO1472	1
200 Backstroke	2:54.14	2:52.20	353	04/02/18	North District Age Group Championships 2018	Aberdeen	SCO1414	1
200 Individual Medley	2:37.91	2:35.40	509	18/07/21	Scottish Summer Festival of Swimming	Edinburgh	SCO1817	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	28.60	29.30	515	19/11/22	BUCS Short Course 2022-23	Sheffield	NE222500	2
100 Freestyle	1:03.46	1:04.80	496	21/11/21	BUCS Short Course Swimming	Sheffield	NE210935	2
200 Freestyle	2:15.90	2:18.40	534	09/11/19	North District Open Championships 2019	Aberdeen	SCO1741	2
400 Freestyle	5:35.18	5:39.40	328	16/12/17	HST Timing Session	Aquadome	SCO1395	2
50 Breaststroke	36.28	37.10	478	11/11/18	Aberdeen ASC Nifty 50s + 2018	Aberdeen	SCO1544	2
100 Breaststroke	1:21.84	1:23.40	442	01/09/19	HST End of Summer Meet 2019	Inverness	SCO1695	2
200 Breaststroke	2:57.28	3:00.20	437	31/08/19	HST End of Summer Meet 2019	Inverness	SCO1695	2
50 Butterfly	30.56	31.20	507	20/11/22	BUCS Short Course 2022-23	Sheffield	NE222500	2
100 Butterfly	1:08.65	1:09.70	488	09/11/19	North District Open Championships 2019	Aberdeen	SCO1741	2
200 Butterfly	3:22.54	3:24.10	205	27/08/16	Dunedin Challenge Meet	Bathgate	SCO1174	2
50 Backstroke	35.05	35.60	373	03/11/19	AASC Nifty Fifties 2019	Aberdeen	SCO1732	2
100 Backstroke	1:16.03	1:17.10	376	26/09/19	Inverness Club Championships 2019	Inverness Aquadome	SCO1715	2
200 Backstroke	2:48.97	2:50.90	348	17/12/17	HST Timing Session	Aquadome	SCO1395	2
200 Individual Medley	2:33.74	2:36.30	497	09/11/19	North District Open Championships 2019	Aberdeen	SCO1741	2
400 Individual Medley	6:10.77	6:15.50	340	24/06/17	ND Development Meet 2017	Inverness	SCO1318	2
100 Individual Medley	1:13.12	1:13.10	461	03/11/19	AASC Nifty Fifties 2019	Aberdeen	SCO1732	2