

Individual Best Times (All Time)

Sasha Esslemont - (954160) - Aberdeen Dolphins ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
100 Freestyle	1:24.39	1:23.40	230	12/06/16	Hunting Trophy Meet 2016	Aberdeen	SCO1143	2
50 Breaststroke	1:00.62	1:00.10	111	25/05/14	Aberdeen Dolphin Commonwealth Gala	Aberdeen	SCO854	1
100 Breaststroke	1:57.11	1:56.00	164	12/06/16	Hunting Trophy Meet 2016	Aberdeen	SCO1143	2
100 Butterfly	1:54.38	1:53.70	114	12/06/16	Hunting Trophy Meet 2016	Aberdeen	SCO1143	2
50 Backstroke	50.38	50.00	151	25/05/14	Aberdeen Dolphin Commonwealth Gala	Aberdeen	SCO854	1
100 Backstroke	1:37.35	1:36.50	204	12/06/16	Hunting Trophy Meet 2016	Aberdeen	SCO1143	2

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	34.86	35.50	284	30/10/16	Aberdeen Nifty Fifties	Aberdeen	SCO1189	2
100 Freestyle	1:19.13	1:20.20	256	03/09/16	Bridge of Don September Splash	Aberdeen	SCO1165	2
200 Freestyle	2:56.06	2:58.00	245	08/05/16	Westhill Invitational Meet	Westhill	SCO1122	2
400 Freestyle	6:24.23	6:27.90	218	11/09/16	Cults Otters Challenge Trophy 2016	Aberdeen	SCO1166	2
50 Breaststroke	49.07	49.70	193	30/10/16	Aberdeen Nifty Fifties	Aberdeen	SCO1189	2
100 Breaststroke	1:50.05	1:51.20	181	08/05/16	Westhill Invitational Meet	Westhill	SCO1122	2
50 Butterfly	40.42	40.90	219	18/09/16	Stirling Autumn Meet	Stirling	SCO1173	2
100 Butterfly	1:40.03	1:40.80	157	03/09/16	Bridge of Don September Splash	Aberdeen	SCO1165	2
50 Backstroke	40.64	41.10	239	07/05/16	Westhill Invitational Meet	Westhill	SCO1122	2
100 Backstroke	1:31.57	1:32.40	215	06/02/16	PASC Graded Age Group Meet	Peterhead	SCO1075	2
200 Backstroke	3:22.58	3:24.20	202	19/06/16	COAST Development Meet R3 2016	Aberdeen	SCO1149	2
200 Individual Medley	3:21.84	3:23.80	220	11/09/16	Cults Otters Challenge Trophy 2016	Aberdeen	SCO1166	2
400 Individual Medley	7:42.63	7:46.40	175	19/06/16	COAST Development Meet R3 2016	Aberdeen	SCO1149	2
100 Individual Medley	1:32.12	1:32.10	230	23/04/16	Bridge of Don 4th Springtime Banded Meet	Bridge of Don	SCO1112	2