

# Individual Best Times (All Time)

Hannah Shade - (954166) - Aberdeen Dolphins ASC

## Short Course

| Stroke                | SC Time | Converted to LC | SC WA Pts | Date     | Meet                           | Venue       | License | Level |
|-----------------------|---------|-----------------|-----------|----------|--------------------------------|-------------|---------|-------|
| 50 Freestyle          | 37.54   | 38.10           | 227       | 30/10/16 | Aberdeen Nifty Fifties         | Aberdeen    | SCO1189 | 2     |
| 100 Freestyle         | 1:24.95 | 1:25.90         | 206       | 22/10/16 | Alford Otters 7th 100 Meet     | Fraserburgh | SCO1186 | 2     |
| 200 Freestyle         | 3:03.33 | 3:05.20         | 217       | 08/05/16 | Westhill Invitational Meet     | Westhill    | SCO1122 | 2     |
| 400 Freestyle         | 6:29.64 | 6:33.20         | 209       | 07/05/16 | Westhill Invitational Meet     | Westhill    | SCO1122 | 2     |
| 50 Breaststroke       | 53.46   | 54.00           | 149       | 30/10/16 | Aberdeen Nifty Fifties         | Aberdeen    | SCO1189 | 2     |
| 100 Breaststroke      | 1:57.45 | 1:58.50         | 149       | 03/09/16 | Bridge of Don September Splash | Aberdeen    | SCO1165 | 2     |
| 200 Breaststroke      | 4:01.22 | 4:03.40         | 173       | 25/01/15 | COAST Development Meet Round 1 | Aberdeen    | SCO963  | 2     |
| 50 Butterfly          | 45.87   | 46.30           | 150       | 07/05/16 | Westhill Invitational Meet     | Westhill    | SCO1122 | 2     |
| 100 Butterfly         | 1:52.94 | 1:53.60         | 109       | 20/12/15 | ADASC Club Championships 2015  | Northfield  | SCO1059 | 3     |
| 50 Backstroke         | 45.74   | 46.20           | 168       | 30/10/16 | Aberdeen Nifty Fifties         | Aberdeen    | SCO1189 | 2     |
| 100 Backstroke        | 1:37.76 | 1:38.60         | 177       | 03/09/16 | Bridge of Don September Splash | Aberdeen    | SCO1165 | 2     |
| 200 Individual Medley | 3:33.40 | 3:35.20         | 186       | 25/01/15 | COAST Development Meet Round 1 | Aberdeen    | SCO963  | 2     |
| 100 Individual Medley | 1:37.09 | 1:37.10         | 197       | 03/09/16 | Bridge of Don September Splash | Aberdeen    | SCO1165 | 2     |