

# Individual Best Times (All Time)

Kirsty Armstrong - (473081) - Warrender Baths Club - 200 Freestyle - Long Course

Performance Graph

Drag to Zoom, right click to reset.

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:10.59	645		05/04/15	Scottish National Age Group Championships	Aberdeen	Warrender Ba	1
2:11.27	635	F	13/04/13	SG National Age Group Championships	Edinburgh	Kelso	1
2:13.14	608	H	13/04/13	SG National Age Group Championships	Edinburgh	Kelso	1
2:13.45	604	F	01/04/12	SG National Open Age Group Championships	Sunderland	Kelso	1
2:14.07	596	H	03/04/14	Scottish Gas National Open Championships	Glasgow	Kelso	1
2:15.31	580	H	01/04/12	SG National Open Age Group Championships	Sunderland	Kelso	1
2:15.75	574	R	12/04/13	SG National Age Group Championships	Edinburgh	Kelso	1
2:16.40	566		28/06/14	Scottish Gas National Age Groups 2014	Aberdeen	Kelso	1
2:16.56	564	F	19/01/13	2013 West District Grand Prix	East Kilbride	Kelso	1
2:17.22	556	H	19/10/13	Lincoln Vulcans Long Course Meet	Sheffield	Kelso	1
2:17.48	553	H	20/10/12	Lincoln Vulcans SC LC Open Meet	Sheffield	Kelso	1
2:18.80	537		02/06/12	SASA East District Open Championships	Edinburgh	Kelso	1
2:20.80	514		15/05/11	East District Open Championships	Glasgow	Kelso	1
2:20.85	514	H	22/05/11	City of Sunderland May Open Meet	Sunderland	Kelso	1
2:21.12	511		14/01/12	SASA West District Grand Prix Meet	East Kilbride	Kelso	1
2:21.19	510	H	23/07/11	British Gas ASA NAG Championships 2011	Sheffield	Kelso	1
2:35.26	383	H	30/05/10	Co Sunderland 2nd Open Meet	Sunderland	Kelso	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:10.59	645		05/04/15	Scottish National Age Group Championships	Aberdeen	Warrender Ba	1
2:16.40	566		28/06/14	Scottish Gas National Age Groups 2014	Aberdeen	Kelso	1
2:14.07	596	H	03/04/14	Scottish Gas National Open Championships	Glasgow	Kelso	1
2:17.22	556	H	19/10/13	Lincoln Vulcans Long Course Meet	Sheffield	Kelso	1
2:11.27	635	F	13/04/13	SG National Age Group Championships	Edinburgh	Kelso	1
2:13.14	608	H	13/04/13	SG National Age Group Championships	Edinburgh	Kelso	1

2:15.75	574	R	12/04/13	SG National Age Group Championships	Edinburgh	Kelso	1
2:16.56	564	F	19/01/13	2013 West District Grand Prix	East Kilbride	Kelso	1
2:17.48	553	H	20/10/12	Lincoln Vulcans SC LC Open Meet	Sheffield	Kelso	1
2:18.80	537		02/06/12	SASA East District Open Championships	Edinburgh	Kelso	1
2:13.45	604	F	01/04/12	SG National Open Age Group Championships	Sunderland	Kelso	1
2:15.31	580	H	01/04/12	SG National Open Age Group Championships	Sunderland	Kelso	1
2:21.12	511		14/01/12	SASA West District Grand Prix Meet	East Kilbride	Kelso	1
2:21.19	510	H	23/07/11	British Gas ASA NAG Championships 2011	Sheffield	Kelso	1
2:20.85	514	H	22/05/11	City of Sunderland May Open Meet	Sunderland	Kelso	1
2:20.80	514		15/05/11	East District Open Championships	Glasgow	Kelso	1
2:35.26	383	H	30/05/10	Co Sunderland 2nd Open Meet	Sunderland	Kelso	1