

Individual Best Times (All Time)

Stian Howard - (545756) - Banchory Beavers ASC - 100 Backstroke - Short 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
1:03.11	449	F	10/05/15	Westhill Invitational Meet	Westhill	Banchory	2
1:07.96	359	H	22/03/14	SASA North District Age Group Champs	Fraserburgh	Banchory	1
1:08.91	344	H	02/03/13	SASA North District Age Group Championship	Inverness	Banchory	1
1:09.96	329	H	04/05/13	Westhill Invitational Meet 2013	Westhill	Banchory	2
1:10.34	324		24/11/12	Upper Deeside Challenge 2012	Deeside	Banchory	2
1:10.34	324		24/11/12	Upper Deeside Challenge 2012	Deeside	Banchory	2
1:10.39	323		23/11/13	Upper Deeside Challenge 2013	Deeside	Banchory	2
1:10.61	320	H	05/05/12	Westhill EnQuest Invitation Meet	Westhill	Banchory	2
1:12.56	295	F	15/04/12	Alford Otters 3rd 100 Meet	Aberdeen	Banchory	2
1:14.33	274	F	04/12/11	SASA North District Age Group Championship	Inverness	Banchory	1
1:17.69	240		05/02/11	North District Age Group Meet	Inverness	Banchory	1
1:18.28	235	F	04/09/11	Cult Otters Bibby Offshore Team Challenge	Aberdeen	Banchory	2
1:20.98	212		20/11/10	Upper Deeside Challenge	Aboyne	Banchory	2
1:21.57	207		27/03/10	Dyce Hunting Trophy Meet	Aberdeen	Banchory	2
1:23.76	192		06/12/09	North District Age Groups	Inverness	Banchory	1
1:24.89	184		09/05/10	Westhill Invitational	Westhill	Banchory	2
1:29.54	157		23/01/10	Aberdeen ASC Medley Meet	Aberdeen	Banchory	2
1:29.55	157		14/02/09	Peterhead Graded Meet	Peterhead	Banchory	2

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