

Individual Best Times (All Time)

Stian Howard - (545756) - Banchory Beavers ASC - 200 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
2:23.30	400	F	22/09/13	2013 Stirling Autumn Meet	Stirling	Banchory	2
2:23.67	397	F	03/03/13	SASA North District Age Group Championship	Inverness	Banchory	1
2:24.39	391	F	14/02/15	Elgin ASC Spring Meet	Buckie	South Aberde	2
2:24.48	390		08/02/14	Peterhead ASC Graded Meet	Peterhead	Banchory	2
2:26.21	377		23/09/12	2012 Stirling Autumn Meet	Stirling	Banchory	2
2:26.88	371	F	24/06/12	SASA North District Development	Inverness	Banchory	1
2:27.57	366	F	05/05/13	Westhill Invitational Meet 2013	Westhill	Banchory	2
2:27.70	365	F	22/03/14	SASA North District Age Group Champs	Fraserburgh	Banchory	1
2:28.15	362		16/02/13	2013 Elgin Spring Meet	Buckie	Banchory	2
2:28.53	359	F	19/01/13	SASA Junior Meet 2013	Westhill	Banchory	2
2:29.75	350		23/11/13	Upper Deeside Challenge 2013	Deeside	Banchory	2
2:30.22	347	F	27/10/12	Dundee City Aquatics 100-200 Meet 2012	Dundee	Banchory	2
2:30.43	346		24/11/12	Upper Deeside Challenge 2012	Deeside	Banchory	2
2:30.43	346		24/11/12	Upper Deeside Challenge 2012	Deeside	Banchory	2
2:33.70	324	F	16/11/11	Aberdeen Schools Championships	Westhill	Banchory	2
2:33.76	324		02/10/11	Stirling Autumn Meet	Stirling	Banchory	2
2:36.19	309	F	03/12/11	SASA North District Age Group Championship	Inverness	Banchory	1
2:38.37	296		06/02/11	North District Age Group Meet	Inverness	Banchory	1
2:40.47	285	F	15/01/11	SAS Junior Meet	Westhill	Banchory	2
2:43.43	270	F	30/10/10	Dundee Aquatics 100-200	Dundee	Banchory	2
2:43.85	267		20/11/10	Upper Deeside Challenge	Aboyne	Banchory	2
2:50.77	236	F	12/09/10	Garioch Open 200 Meet	Inverurie	Banchory	2
2:59.19	204		05/12/09	North District Age Groups	Inverness	Banchory	1
3:00.92	199		20/06/09	North District Dev Meet	Banff	Banchory	1
3:11.73	167	F	01/11/09	Dundee City Aquatics Meet	Dundee	Banchory	2

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