

# Individual Best Times (All Time)

Stian Howard - (545756) - Banchory Beavers ASC - 200 Individual Medley - 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
2:20.12	478	F	09/05/15	Westhill Invitational Meet	Westhill	Banchory	2
2:24.37	437	H	23/03/14	SASA North District Age Group Champs	Fraserburgh	Banchory	1
2:27.36	411	F	22/09/13	2013 Stirling Autumn Meet	Stirling	Banchory	2
2:27.74	408	F	04/05/13	Westhill Invitational Meet 2013	Westhill	Banchory	2
2:31.88	376	F	05/05/12	Westhill EnQuest Invitation Meet	Westhill	Banchory	2
2:32.75	369	F	23/06/12	SASA North District Development	Inverness	Banchory	1
2:34.27	358	F	27/10/12	Dundee City Aquatics 100-200 Meet 2012	Dundee	Banchory	2
2:36.28	345		23/09/12	2012 Stirling Autumn Meet	Stirling	Banchory	2
2:39.55	324	F	25/06/11	North District Development Meet	Banff	Banchory	1
2:40.72	317		02/10/11	Stirling Autumn Meet	Stirling	Banchory	2
2:41.60	312	F	04/09/11	Cult Otters Bibby Offshore Team Challenge	Aberdeen	Banchory	2
2:41.88	310	F	14/01/12	South Aberdeenshire Junior Meet	Westhill	Banchory	2
2:44.63	295	H	04/12/11	SASA North District Age Group Championship	Inverness	Banchory	1
2:44.95	293		26/03/11	Dyce 12th Hunting Trophy Meet	Aberdeen	Banchory	2
2:48.93	273	F	15/01/11	SAS Junior Meet	Westhill	Banchory	2
3:00.14	225	F	19/06/10	SASA North Development Meet	Banff	Banchory	1
3:02.39	217		06/12/09	North District Age Groups	Inverness	Banchory	1
3:05.03	207		27/03/10	Dyce Hunting Trophy Meet	Aberdeen	Banchory	2
3:08.12	197	F	11/09/10	Garioch Open 200 Meet	Inverurie	Banchory	2

## Swims in Date Order

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2:20.12	478	F	09/05/15	Westhill Invitational Meet	Westhill	Banchory	2
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