Individual Best Times (All Time)

Stian Howard - (545756) - Banchory Beavers ASC - 200 Freestyle - Short Course Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

423 415 412	F F	16/02/14	2014 Elgin Spring Meet	B Life		
	F		3 -1 3	Buckie	Banchory	2
412		26/10/14	Dundee City Aquatics Meet	Dundee		2
	F	27/10/13	Dundee Aquatics Autumn Open Meets	Dundee	Banchory	2
398	F	04/05/13	Westhill Invitational Meet 2013	Westhill	Banchory	2
397		08/02/14	Peterhead ASC Graded Meet	Peterhead	Banchory	2
373	F	23/06/12	SASA North District Development	Inverness	Banchory	1
353		23/09/12	2012 Stirling Autumn Meet	Stirling	Banchory	2
341		19/02/12	Elgin Spring Meet	Buckie	Banchory	2
328	F	15/01/12	South Aberdeenshire Junior Meet	Westhill	Banchory	2
312	F	25/06/11	North District Development Meet	Banff	Banchory	1
303	F	03/12/11	SASA North District Age Group Championship	Inverness	Banchory	1
289		05/02/11	North District Age Group Meet	Inverness	Banchory	1
281	F	16/01/11	SAS Junior Meet	Westhill	Banchory	2
237	F	12/09/10	Garioch Open 200 Meet	Inverurie	Banchory	2
224		06/12/09	North District Age Groups	Inverness	Banchory	1
210	F	19/06/10	SASA North Development Meet	Banff	Banchory	1
165	F	01/11/09	Dundee City Aquatics Meet	Dundee	Banchory	2
	397 373 353 341 328 312 303 289 281 237 224 210	397 373 F 353 341 328 F 312 F 303 F 289 281 F 237 F 224 210 F	397 08/02/14 373 F 23/06/12 353 23/09/12 341 19/02/12 328 F 15/01/12 312 F 25/06/11 303 F 03/12/11 289 05/02/11 281 F 16/01/11 237 F 12/09/10 224 06/12/09 210 F 19/06/10	397 08/02/14 Peterhead ASC Graded Meet 373 F 23/06/12 SASA North District Development 353 23/09/12 2012 Stirling Autumn Meet 341 19/02/12 Elgin Spring Meet 328 F 15/01/12 South Aberdeenshire Junior Meet 312 F 25/06/11 North District Development Meet 303 F 03/12/11 SASA North District Age Group Championship 289 05/02/11 North District Age Group Meet 281 F 16/01/11 SAS Junior Meet 237 F 12/09/10 Garioch Open 200 Meet 224 06/12/09 North District Age Groups 210 F 19/06/10 SASA North Development Meet	397 08/02/14 Peterhead ASC Graded Meet Peterhead 373 F 23/06/12 SASA North District Development Inverness 353 23/09/12 2012 Stirling Autumn Meet Stirling 341 19/02/12 Elgin Spring Meet Buckie 328 F 15/01/12 South Aberdeenshire Junior Meet Westhill 312 F 25/06/11 North District Development Meet Banff 303 F 03/12/11 SASA North District Age Group Championship Inverness 289 05/02/11 North District Age Group Meet Uvesthill 237 F 16/01/11 SAS Junior Meet Westhill 237 F 12/09/10 Garioch Open 200 Meet Inverness 224 06/12/09 North District Age Groups Inverness 210 F 19/06/10 SASA North Development Meet Banff	397 08/02/14 Peterhead ASC Graded Meet Peterhead Banchory 373 F 23/06/12 SASA North District Development Inverness Banchory 353 23/09/12 2012 Stirling Autumn Meet Stirling Banchory 341 19/02/12 Elgin Spring Meet Buckie Banchory 328 F 15/01/12 South Aberdeenshire Junior Meet Westhill Banchory 312 F 25/06/11 North District Development Meet Banff Banchory 303 F 03/12/11 SASA North District Age Group Championship Inverness Banchory 289 05/02/11 North District Age Group Meet Inverness Banchory 281 F 16/01/11 SAS Junior Meet Westhill Banchory 287 F 12/09/10 Garioch Open 200 Meet Inverness Banchory 288 Dof/12/09 North District Age Groups Inverness Banchory 289 Banchory 280 Banchory 281 F 16/01/11 SAS Junior Meet Banchory 282 Banchory 283 F 12/09/10 Garioch Open 200 Meet Inverness Banchory 284 Banchory 285 Banchory 286 Banchory 287 F 12/09/10 SASA North Development Meet Banff Banchory 288 Banchory 289 Banchory 280 Banchory 280 Banchory 280 Banchory 280 Banchory 280 Banchory 280 Banchory 281 Banchory 282 Banchory 283 Banchory 284 Banchory 285 Banchory 286 Banchory 286 Banchory 287 Banchory 288 Banchory 289 Banchory

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:13.21	415	F	26/10/14	Dundee City Aquatics Meet	Dundee		2
2:12.29	423	F	16/02/14	2014 Elgin Spring Meet	Buckie	Banchory	2
2:15.15	397		08/02/14	Peterhead ASC Graded Meet	Peterhead	Banchory	2
2:13.44	412	F	27/10/13	Dundee Aquatics Autumn Open Meets	Dundee	Banchory	2
2:15.02	398	F	04/05/13	Westhill Invitational Meet 2013	Westhill	Banchory	2
2:20.59 Copyright 202	353 4		23/09/12	2012 Stirling Autumn Meet	Stirling	Banchory Powered By SPORTS	2 SYSTEMS

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2:17.95	373	F	23/06/12	SASA North District Development	Inverness	Banchory	1
2:22.18	341		19/02/12	Elgin Spring Meet	Buckie	Banchory	2
2:24.04	328	F	15/01/12	South Aberdeenshire Junior Meet	Westhill	Banchory	2
2:27.79	303	F	03/12/11	SASA North District Age Group Championship	Inverness	Banchory	1
2:26.51	312	F	25/06/11	North District Development Meet	Banff	Banchory	1
2:30.19	289		05/02/11	North District Age Group Meet	Inverness	Banchory	1
2:31.71	281	F	16/01/11	SAS Junior Meet	Westhill	Banchory	2
2:40.42	237	F	12/09/10	Garioch Open 200 Meet	Inverurie	Banchory	2
2:47.07	210	F	19/06/10	SASA North Development Meet	Banff	Banchory	1
2:43.54	224		06/12/09	North District Age Groups	Inverness	Banchory	1
3:01.15	165	F	01/11/09	Dundee City Aquatics Meet	Dundee	Banchory	2

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