

Individual Best Times (All Time)

Michael Strang - (865469) - Burntisland ASC - 200 Freestyle - 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 |
|---------|--------|-------|----------|---|----------------------|-----------------|-------|
| 2:07.15 | 477 | F | 04/11/18 | North District Open Championships 2018 | Aberdeen | Carnegie | 2 |
| 2:07.80 | 470 | F | 08/06/19 | East Lothian Distance Meet | Mercat Gait | Carnegie | 2 |
| 2:07.91 | 468 | F | 16/02/19 | Carnegie Open Spring Meet 2019 | Michael Woods Centre | Carnegie | 2 |
| 2:08.29 | 464 | H | 18/01/20 | East District Age Groups Round 3 | Michael Woods Centre | Carnegie | 2 |
| 2:08.42 | 463 | F | 05/11/17 | REN96 Open Meet | Linwood | Fins | 2 |
| 2:08.90 | 458 | H | 13/01/19 | East District Age Group Championships Round 3 | Michael Woods Centre | Carnegie | 1 |
| 2:09.02 | 456 | F | 25/05/19 | InCAS Distance Meet | Michael Woods Centre | Carnegie | 2 |
| 2:09.26 | 454 | H | 13/01/18 | EDAG Round 2 2018 | Michael Woods Centre | Fins | 2 |
| 2:09.69 | 449 | F | 26/10/19 | Carnegie Winter Open Meet 2019 | Michael Woods | Carnegie | 2 |
| 2:10.58 | 440 | F | 13/05/17 | InCAS Distance Meet | Michael Woods Centre | Fins | 2 |
| 2:13.41 | 413 | F | 15/01/17 | East District Age Groups Round 2 | Edinburgh | Fins | 1 |
| 2:13.53 | 412 | F | 06/11/16 | Ren 96 Open Meet | Linwood | Fins | 2 |
| 2:13.59 | 411 | H | 15/01/17 | East District Age Groups Round 2 | Edinburgh | Fins | 1 |
| 2:14.29 | 405 | F | 18/02/17 | Carnegie Open Spring Age Group Meet 2017 | Glenrothes | Fins | 2 |
| 2:15.99 | 390 | F | 08/01/17 | FIRST Annual Open Meet 2017 | Bathgate | Fins | 2 |
| 2:16.90 | 382 | F | 29/10/16 | Carnegie Winter Open Meet | Glenrothes | Fins | 2 |
| 2:18.24 | 371 | F | 15/05/16 | InCAS Distance Meet | Dunfermline | Fins | 2 |
| 2:19.67 | 360 | | 06/03/16 | Fife Leagues | Glenrothes | | 2 |
| 2:31.41 | 282 | H | 29/11/15 | East District Age Group Championships | Glenrothes | Glenrothes | 1 |
| 2:33.04 | 273 | F | 29/08/15 | Dunedin Challenge Meet | Bathgate | Glenrothes | 2 |
| 2:50.76 | 197 | F | 18/01/15 | Carnegie Graded Meet | Dunfermline | Glenrothes | 2 |
| 2:55.49 | 181 | F | 02/03/14 | SASA East District Challenge 2014 | Bathgate | Glenrothes | 2 |

Swims in Date Order

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| 2:08.29 | 464 | H | 18/01/20 | East District Age Groups Round 3 | Michael Woods Centre | Carnegie | 2 |

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