

Individual Best Times (All Time)

Gaia Alcaras - (1233513) - Bridge of Don ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	27.60	26.80	625	26/05/18	North District Long Course Time Trials 2018	Aberdeen	SCO1472	1
100 Freestyle	58.76	57.30	681	01/07/22	Scottish National Open Championships 2022	Aberdeen	SCO1907	1
200 Freestyle	2:05.66	2:02.90	724	24/07/18	British Summer Championships	Sheffield	BSW006	1
400 Freestyle	4:27.72	4:22.40	679	03/07/22	Scottish National Open Championships 2022	Aberdeen	SCO1907	1
800 Freestyle	9:15.32	9:04.80	665	02/03/20	ND Age Group Championships 2020 R2	Aberdeen	SCO1806	1
50 Breaststroke	36.48	35.60	510	28/04/18	University of Aberdeen International Open	Aberdeen	SCO1452	1
100 Breaststroke	1:17.52	1:15.90	566	13/07/18	Scottish Summer Meet 2018	Aberdeen	SCO1497	1
200 Breaststroke	2:45.18	2:42.00	577	15/07/18	Scottish Summer Meet 2018	Aberdeen	SCO1497	1
50 Butterfly	27.94	27.30	668	25/07/18	British Summer Championships	Sheffield	BSW006	1
100 Butterfly	1:01.67	1:00.40	728	14/03/20	Edinburgh International	Edinburgh	SCO1813	1
200 Butterfly	2:13.87	2:11.50	753	25/07/19	British Summer Championships	Glasgow	BSW011	1
50 Backstroke	31.99	31.40	591	04/02/18	North District Age Group Championships 2018	Aberdeen	SCO1414	1
100 Backstroke	1:06.59	1:05.40	638	17/07/21	Scottish Summer Festival of Swimming	Edinburgh	SCO1817	1
200 Backstroke	2:26.06	2:23.80	599	04/03/19	ND Age Group Championships 2019 R2	Aberdeen	SCO1618	1
200 Individual Medley	2:21.99	2:19.20	700	29/07/17	British Summer Championships	Sheffield	BSW002	1
400 Individual Medley	4:58.25	4:52.30	708	29/03/18	Scottish National Age Group Championships	Tollcross	SCO1441	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	26.68	27.40	634	26/06/21	Tighinn Comhla	Various	LXX011	0
100 Freestyle	57.23	58.70	676	26/06/21	Tighinn Comhla	Various	LXX011	0
200 Freestyle	2:03.57	2:06.30	711	15/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
400 Freestyle	4:18.48	4:23.80	716	14/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
800 Freestyle	9:02.91	9:13.40	680	22/02/20	UoA Distance Time Trial	Aberdeen	SCO1792	2
1500 Freestyle	17:08.27	17:28.10	689	06/10/19	SASA North District Distance Meet	Fraserburgh	SCO1717	2
50 Breaststroke	34.99	35.90	533	11/11/18	Aberdeen ASC Nifty 50s + 2018	Aberdeen	SCO1544	2
100 Breaststroke	1:19.51	1:21.10	482	14/09/19	UoAPS Club Championships 2019	Aberdeen	SCO1705	2
200 Breaststroke	2:47.31	2:50.40	520	14/10/17	Garioch ASC G200 2017	Inverurie	SCO1358	2
50 Butterfly	28.08	28.70	654	12/12/20	Tighinn Comhla	Various - Round 3	LXX007	0
100 Butterfly	59.87	1:01.10	735	12/12/20	Tighinn Comhla	Various - Round 3	LXX007	0
200 Butterfly	2:12.04	2:14.40	743	15/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
50 Backstroke	29.50	30.20	627	12/12/20	Tighinn Comhla	Various - Round 3	LXX007	0
100 Backstroke	1:03.79	1:05.00	637	26/06/21	Tighinn Comhla	Various	LXX011	0
200 Backstroke	2:23.06	2:25.40	574	12/12/15	Scottish National Short Course Meet	Edinburgh	SCO1057	1
200 Individual Medley	2:17.63	2:20.50	694	08/12/17	Scottish National Short Course Open Champs	Edinburgh	SCO1389	2
400 Individual Medley	4:44.39	4:50.50	754	13/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
100 Individual Medley	1:05.54	1:05.50	640	21/09/19	Scottish National Team Championships	Glasgow	SCO1711	2