

Individual Best Times (All Time)

Lauren Anderson - (1195655) - Stranraer Stingrays ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	29.69	29.00	502	30/03/18	Scottish National Age Group Championships	Tollcross	SCO1441	1
100 Freestyle	1:05.01	1:03.70	503	04/02/18	2018 SS West District LC Age Group Championships	East Kilbride	SCO1409	1
200 Freestyle	2:18.65	2:16.10	539	01/04/18	Scottish National Age Group Championships	Tollcross	SCO1441	1
400 Freestyle	5:04.92	5:00.30	459	04/02/18	2018 SS West District LC Age Group Championships	East Kilbride	SCO1409	1
50 Breaststroke	48.34	47.70	219	06/03/16	SASA West District LC AG Round 3	East Kilbride	SCO1092	1
50 Butterfly	34.06	33.50	369	30/06/18	City of Sunderland Summer Splash 2018	Sunderland	NE181671	3
100 Butterfly	1:13.21	1:12.20	435	25/05/18	2018 Glasgow International Swim Meet	Glasgow	SCO1471	1
200 Butterfly	2:48.18	2:46.30	379	01/07/18	City of Sunderland Summer Splash 2018	Sunderland	NE181671	3
50 Backstroke	33.89	33.30	497	30/06/18	City of Sunderland Summer Splash 2018	Sunderland	NE181671	3
100 Backstroke	1:10.80	1:09.70	530	15/07/18	Scottish Summer Meet 2018	Aberdeen	SCO1497	1
200 Backstroke	2:36.15	2:34.00	490	14/07/18	Scottish Summer Meet 2018	Aberdeen	SCO1497	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	29.11	29.80	488	16/12/17	Cumbernauld Christmas Sprints 2017	Cumbernauld	SCO1393	2
100 Freestyle	1:02.83	1:04.10	511	12/11/17	2017 WD Short Course JAG Championship	Cumbernauld	SCO1365	1
200 Freestyle	2:17.39	2:19.90	517	09/06/18	Cumbernauld Open Age Group and Senior Meet	Tryst Sports Centre	SCO1487	2
400 Freestyle	4:58.20	5:02.90	466	10/06/18	Cumbernauld Open Age Group and Senior Meet	Tryst Sports Centre	SCO1487	2
50 Breaststroke	43.96	44.70	268	28/08/16	2016 SASA West District SR Champs	Glasgow	SCO1161	1
100 Breaststroke	1:34.64	1:36.00	286	12/11/16	2016 SASA West District SC JAG Championship	Cumbernauld	SCO1198	1
200 Breaststroke	3:33.73	3:36.20	249	30/04/16	Dumfries & FIRST Spring Meet	Bellshill	SCO1119	2
50 Butterfly	32.82	33.40	409	02/09/18	2018 SS West District SC Sprints & Relay Champs	Tollcross	SCO1516	1
100 Butterfly	1:12.76	1:13.80	409	25/11/17	Dumfries ASC Advent Open 2017	Dumfries	SCO1374	2
200 Butterfly	2:49.36	2:51.20	352	27/11/16	Dumfries Advent Open 2016	Dumfries	SCO1208	2
50 Backstroke	32.65	33.30	462	02/09/18	2018 SS West District SC Sprints & Relay Champs	Tollcross	SCO1516	1
100 Backstroke	1:11.29	1:12.40	456	25/11/17	Dumfries ASC Advent Open 2017	Dumfries	SCO1374	2
200 Backstroke	2:34.44	2:36.60	456	11/11/17	2017 WD Short Course JAG Championship	Cumbernauld	SCO1365	1
200 Individual Medley	2:46.04	2:48.40	395	12/11/16	2016 SASA West District SC JAG Championship	Cumbernauld	SCO1198	1
400 Individual Medley	5:56.70	6:01.60	382	27/11/16	Dumfries Advent Open 2016	Dumfries	SCO1208	2
100 Individual Medley	1:19.61	1:19.60	357	27/08/16	2016 SASA West District SR Champs	Glasgow	SCO1161	1