

Individual Best Times (All Time)

Mark Szaranek - (148187) - Carnegie ASC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	23.74	22.90	683	10/08/14	BG ASA Youth & MC Championships 2014	Sheffield	ASA135	1
100 Freestyle	51.36	49.70	759	29/06/14	Scottish Gas National Age Groups 2014	Aberdeen	SCO867	1
200 Freestyle	1:48.95	1:45.70	820	23/04/17	British Swimming Championships 2017	Sheffield	BSW001	1
400 Freestyle	4:01.75	3:55.90	754	03/06/16	USA Pro Arena Series	Indianapolis, USA	GBR351	1
800 Freestyle	8:55.84	8:45.00	600	11/04/10	Scottish Nationals Meet	Glasgow	SCO420	1
1500 Freestyle	16:41.02	16:20.20	658	02/04/12	SG National Open Age Group Championships	Sunderland	SCO601	1
50 Breaststroke	29.31	28.20	694	24/05/19	Glasgow International Swim Meet	Tollcross	SCO1665	1
100 Breaststroke	1:04.04	1:02.10	700	28/06/14	Scottish Gas National Age Groups 2014	Aberdeen	SCO867	1
200 Breaststroke	2:18.50	2:14.70	743	30/11/22	US Open	Greensboro	GBR1860	1
50 Butterfly	24.84	24.10	720	10/07/13	European Junior Swimming Championships	Poznan, Poland	INT282	1
100 Butterfly	53.28	51.80	799	15/04/16	British Championships 2016	Glasgow	ASA147	1
200 Butterfly	1:58.20	1:55.50	813	13/04/16	British Championships 2016	Glasgow	ASA147	1
50 Backstroke	27.79	27.10	608	31/01/14	East District Open incorporating Grand Prix	Edinburgh	SCO804	1
100 Backstroke	57.63	56.20	717	03/08/13	BG ASA National Youth Championships	Sheffield	ASA128	1
200 Backstroke	2:05.39	2:02.70	711	27/06/14	Scottish Gas National Age Groups 2014	Aberdeen	SCO867	1
200 Individual Medley	1:58.07	1:54.70	900	05/08/18	European Championships 2018	Glasgow	INT357	1
400 Individual Medley	4:13.72	4:06.70	873	06/04/18	Commonwealth Games 2018	Brisbane, Australia	INT354	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	22.84	23.70	687	14/12/12	Scottish Gas National SC Championships	Edinburgh	SCO681	1
100 Freestyle	49.49	51.10	743	13/12/13	Scottish National Short Course Open Meet	Edinburgh	SCO791	1
200 Freestyle	1:45.30	1:48.50	840	14/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
400 Freestyle	3:47.24	3:53.30	814	12/10/19	2019 ISL Series	Naples, Italy	INT379	2
800 Freestyle	8:27.36	8:38.60	667	06/02/11	East District Age Group Championship	Glenrothes	SCO486	1
1500 Freestyle	15:58.00	16:19.20	690	03/11/13	East District Age Group Championships	Glenrothes	SCO775	1
50 Breaststroke	30.20	31.20	563	09/09/12	Garioch 200 Open Meet 2012	Aberdeenshire	SCO641	2
100 Breaststroke	1:03.05	1:05.00	673	17/11/13	Stockport November L2 Meet	Stockport	NW3038	2
200 Breaststroke	2:10.27	2:14.20	784	28/08/21	2021 ISL Series	Naples, Italy	INT391	2
50 Butterfly	24.21	25.00	725	21/09/19	Scottish National Team Championships	Glasgow	SCO1711	2
100 Butterfly	51.35	52.80	805	07/12/16	World Short Course Championships 2016	Windsor Canada	INT340	2
200 Butterfly	1:55.10	1:57.80	800	14/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
50 Backstroke	25.39	26.20	660	21/11/20	2020 ISL Series	Budapest, Hungary	INT386	2
100 Backstroke	55.28	56.70	668	17/11/13	Stockport November L2 Meet	Stockport	NW3038	2
200 Backstroke	1:58.81	2:01.60	702	02/12/13	SASA East District Age Groups Round 2	Glenrothes	SCO792	1
200 Individual Medley	1:53.54	1:56.90	900	15/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
400 Individual Medley	4:02.32	4:09.40	909	13/12/19	Scottish National Short Course Championships	Edinburgh	SCO1762	2
100 Individual Medley	53.40	53.40	785	08/12/16	World Short Course Championships 2016	Windsor Canada	INT340	2