

Individual Best Times (All Time)

Ching Hei Cedric Au - (90037516) - Bathgate ASC

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.45	32.10	263	24/02/24	Hearts Fast February	Edinburgh	SCO2155	2
100 Freestyle	1:13.08	1:14.20	230	28/10/23	Warrender Annual Open Meet 2023	Michael Woods Centre	SCO2109	2
200 Freestyle	2:34.96	2:37.20	263	05/05/24	SWL IM Tough Meet 2024	Xcite Bathgate	SCO2188	2
50 Breaststroke	42.38	43.10	204	02/12/23	Bathgate Sprints 2023	West Lothian	SCO2113	3
100 Breaststroke	1:32.90	1:34.20	210	05/05/24	SWL IM Tough Meet 2024	Xcite Bathgate	SCO2188	2
50 Butterfly	39.21	39.70	170	02/12/23	Bathgate Sprints 2023	West Lothian	SCO2113	3