

# Individual Best Times (Masters)

Carol Alderson - (834810) - North Ayrshire ASC

Short Course

| Stroke                | Time     | FINA Pts | Swim Date | Meet                         | Venue    | Licence | Level |
|-----------------------|----------|----------|-----------|------------------------------|----------|---------|-------|
| 50 Freestyle          | 37.78    | 223      | 13/09/19  | 25th Inverclyde Masters      | Greenock | MAS876  | 0     |
| 100 Freestyle         | 1:23.39  | 218      | 13/09/19  | 25th Inverclyde Masters      | Greenock | MAS876  | 0     |
| 800 Freestyle         | 12:32.77 | 255      | 13/09/19  | 25th Inverclyde Masters      | Greenock | MAS876  | 0     |
| 50 Breaststroke       | 49.12    | 192      | 18/03/23  | Perth Masters Swim Meet 2023 | Perth    | MAS1024 | 0     |
| 100 Breaststroke      | 1:44.37  | 213      | 18/03/23  | Perth Masters Swim Meet 2023 | Perth    | MAS1024 | 0     |
| 50 Butterfly          | 44.36    | 166      | 13/09/19  | 25th Inverclyde Masters      | Greenock | MAS876  | 0     |
| 100 Butterfly         | 1:44.27  | 139      | 13/09/19  | 25th Inverclyde Masters      | Greenock | MAS876  | 0     |
| 50 Backstroke         | 42.07    | 216      | 09/04/22  | Scottish National Masters    | Glasgow  | MAS949  | 0     |
| 100 Backstroke        | 1:31.21  | 217      | 09/04/22  | Scottish National Masters    | Glasgow  | MAS949  | 0     |
| 200 Backstroke        | 3:10.72  | 242      | 08/04/22  | Scottish National Masters    | Glasgow  | MAS949  | 0     |
| 200 Individual Medley | 3:19.03  | 229      | 13/09/19  | 25th Inverclyde Masters      | Greenock | MAS876  | 0     |
| 100 Individual Medley | 1:34.08  | 216      | 09/04/22  | Scottish National Masters    | Glasgow  | MAS949  | 0     |