

Aberdeen ASC - DNV Medley Challenge - 21 January 2006

Bon-Accord Baths, Aberdeen

Stonehaven ASC [NSNX]

25 PB's from 45 swims

	Time		Place	Improv
Anderson, Duncan (13) M				
	1:37.08S	Men 12-13 100 Fly	17	-4.41
	1:28.08S	Men 12-13 100 Back	15	-3.06
	1:37.97S	Men 12-13 100 Breast	13	-3.10
	1:15.14S	Men 12-13 100 Free	15	-1.17
Brown, Luke (14) M				
	1:16.59S	Men 14-15 100 Fly	8	1.85
	1:14.49S	Men 14-15 100 Back	5	1.75
	1:35.37S	Men 14-15 100 Breast	12	4.41
	1:09.01S	Men 14-15 100 Free	10	2.20
Duncan, Kirstie (14) W				
	1:19.93S	Women 14-15 100 Fly	5	-0.51
	1:12.01S	Women 14-15 100 Back	1	0.33
	1:32.60S	Women 14-15 100 Breast	5	0.17
	1:05.78S	Women 14-15 100 Free	4	0.27
	5:44.94S	Women 14-15 400 IM	5	-0.45
Howard, Kirstie (13) W				
	1:28.41S	Women 12-13 100 Fly	15	-1.85
	1:22.80S	Women 12-13 100 Back	14	0.47
	1:44.12S	Women 12-13 100 Breast	26	1.47
	1:17.46S	Women 12-13 100 Free	25	1.40
Mitchell, Ruairidh (13) M				
	1:33.24S	Men 12-13 100 Fly	15	-0.75
	1:25.34S	Men 12-13 100 Back	13	-0.71
	1:35.10S	Men 12-13 100 Breast	8	0.05
	1:17.30S	Men 12-13 100 Free	17	-1.88
Preston, Kimberley (12) W				
	1:21.10S	Women 12-13 100 Fly	4	-0.95
	1:21.95S	Women 12-13 100 Back	12	0.02
	1:35.25S	Women 12-13 100 Breast	13	-4.49
	1:09.84S	Women 12-13 100 Free	6	-0.71
Preston, Richard (15) M				
	1:10.85S	Men 14-15 100 Fly	2	-1.13
	1:16.33S	Men 14-15 100 Back	8	2.92
	1:22.46S	Men 14-15 100 Breast	4	1.24
	1:01.01S	Men 14-15 100 Free	5	-1.23
Reid, Duncan (14) M				
	1:18.77S	Men 14-15 100 Fly	9	-2.22
	1:16.39S	Men 14-15 100 Back	9	-2.29
	1:22.55S	Men 14-15 100 Breast	5	-0.91
	1:04.81S	Men 14-15 100 Free	9	0.04
Reid, Fraser (12) M				
	1:27.33S	Men 12-13 100 Fly	9	-5.19
	1:24.06S	Men 12-13 100 Back	12	0.77
	1:36.02S	Men 12-13 100 Breast	10	-1.80
	1:10.04S	Men 12-13 100 Free	8	-3.26
Shoker, Arran (11) M				
	45.71S	Men 10-11 50 Fly	9	-1.27
	44.91S	Men 10-11 50 Back	10	1.04
	49.10S	Men 10-11 50 Breast	7	0.86
	39.29S	Men 10-11 50 Free	10	0.32
Speakman, Emily (12) W				
	1:37.51S	Women 12-13 100 Fly	24	-2.41
	1:24.90S	Women 12-13 100 Back	19	-0.18
	1:38.60S	Women 12-13 100 Breast	22	-1.47
	1:16.11S	Women 12-13 100 Free	22	1.87