

# Individual Best Times (All Time)

Rosie Smith-Macaulay - (1137620) - Nairn ASC - 400 Freestyle - Long Course

Performance Graph

Drag to Zoom, right click to reset.

## Swims in Time Order

| Time    | WA Pts | Round | Date     | Meet                                        | Venue    | Club Swam Under | Level |
|---------|--------|-------|----------|---------------------------------------------|----------|-----------------|-------|
| 5:04.36 | 462    | F     | 26/05/19 | North District Long Course Time Trials 2019 | Aberdeen | Nairn           | 1     |
| 5:06.43 | 453    | F     | 03/03/20 | ND Age Group Championships 2020 R2          | Aberdeen | Nairn           | 1     |
| 5:12.71 | 426    | F     | 27/05/18 | North District Long Course Time Trials 2018 | Aberdeen | Nairn           | 1     |
| 5:13.08 | 424    | F     | 05/03/19 | ND Age Group Championships 2019 R2          | Aberdeen | Nairn           | 1     |
| 5:20.94 | 394    | F     | 03/02/18 | North District Age Group Championships 2018 | Aberdeen | Nairn           | 1     |

## Swims in Date Order

| Time    | WA Pts | Round | Date     | Meet                                        | Venue    | Club Swam Under | Level |
|---------|--------|-------|----------|---------------------------------------------|----------|-----------------|-------|
| 5:06.43 | 453    | F     | 03/03/20 | ND Age Group Championships 2020 R2          | Aberdeen | Nairn           | 1     |
| 5:04.36 | 462    | F     | 26/05/19 | North District Long Course Time Trials 2019 | Aberdeen | Nairn           | 1     |
| 5:13.08 | 424    | F     | 05/03/19 | ND Age Group Championships 2019 R2          | Aberdeen | Nairn           | 1     |
| 5:12.71 | 426    | F     | 27/05/18 | North District Long Course Time Trials 2018 | Aberdeen | Nairn           | 1     |
| 5:20.94 | 394    | F     | 03/02/18 | North District Age Group Championships 2018 | Aberdeen | Nairn           | 1     |