

Individual Best Times (All Time)

Holly Shand - (1198401) - University of Aberdeen Performan - 50 Backstroke - 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
31.06	646	F	25/05/19	North District Long Course Time Trials 2019	Aberdeen	Elgin	1
31.40	625	F	27/04/19	University of Aberdeen LC Age Group Open	Aberdeen	Elgin	1
31.77	604	H	27/06/19	Scottish National Open Championships	Aberdeen	Elgin	1
31.92	595	F	28/04/18	University of Aberdeen International Open	Aberdeen	Elgin	1
32.01	590	H	27/04/19	University of Aberdeen LC Age Group Open	Aberdeen	Elgin	1
32.06	588	H	27/07/19	British Summer Championships	Glasgow	Elgin	1
32.16	582	F	13/07/18	Scottish Summer Meet 2018	Aberdeen	Elgin	1
32.16	582	H	16/03/19	Edinburgh International	Edinburgh	Elgin	1
32.21	579	H	05/02/18	North District Age Group Championships 2018	Aberdeen	Elgin	1
32.28	576	H	03/02/19	ND Age Group Championships 2019 R1	Aberdeen	Elgin	1
32.29	575	H	25/01/20	22nd Luxembourg Euro Meet 2020	Luxembourg		1
32.32	573	F	05/02/18	North District Age Group Championships 2018	Aberdeen	Elgin	1
32.37	571	H	30/03/19	Scottish National Age Group Championships	Tollcross	Elgin	1
32.45	567	H	28/06/18	Scottish National Open Championships	Tollcross	Elgin	1
32.54	562	H	31/03/18	Scottish National Age Group Championships	Tollcross		1
32.57	560	H	13/07/18	Scottish Summer Meet 2018	Aberdeen	Elgin	1
32.61	558	F	03/02/19	ND Age Group Championships 2019 R1	Aberdeen	Elgin	1
32.65	556	F	31/03/18	Scottish National Age Group Championships	Tollcross	Elgin	1
32.66	556	F	26/05/18	North District Long Course Time Trials 2018	Aberdeen	Elgin	1
32.77	550	H	28/04/18	University of Aberdeen International Open	Aberdeen	Elgin	1
32.84	547	H	05/05/18	East District Open Championships	Edinburgh	Elgin	1
33.19	530	C	05/05/18	East District Open Championships	Edinburgh	Elgin	1
33.63	509	F	29/04/17	University of Aberdeen Long Course Open Meet	Aberdeen	Elgin	1
33.79	502	H	01/04/17	Scottish National Age Group Championships	Aberdeen	Peterhead	1
33.82	500	H	29/04/17	University of Aberdeen Long Course Open Meet	Aberdeen	Elgin	1
33.98	493	H	29/06/17	Scottish National Open Championships	Aberdeen		1
34.08	488	F	27/05/17	North District Long Course Time Trials 2017	Aberdeen	Elgin	1

34.06	403	F	27/03/17	North District Long Course Time Trials 2017	Aberdeen	Elgin	
34.28	481	H	07/07/17	Scottish Summer Meet	Edinburgh	Elgin	1
36.87	386	H	30/04/16	COAST Long Course Meet	Aberdeen	Deveron	1
38.15	349	F	28/05/16	North District Junior LC Time Trials	Aberdeen		2
39.39	317	H	05/03/16	North District Age Group Championships	Aberdeen	Deveron	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
32.29	575	H	25/01/20	22nd Luxembourg Euro Meet 2020	Luxembourg		1
32.06	588	H	27/07/19	British Summer Championships	Glasgow	Elgin	1
31.77	604	H	27/06/19	Scottish National Open Championships	Aberdeen	Elgin	1
31.06	646	F	25/05/19	North District Long Course Time Trials 2019	Aberdeen	Elgin	1
31.40	625	F	27/04/19	University of Aberdeen LC Age Group Open	Aberdeen	Elgin	1
32.01	590	H	27/04/19	University of Aberdeen LC Age Group Open	Aberdeen	Elgin	1
32.37	571	H	30/03/19	Scottish National Age Group Championships	Tollcross	Elgin	1
32.16	582	H	16/03/19	Edinburgh International	Edinburgh	Elgin	1
32.61	558	F	03/02/19	ND Age Group Championships 2019 R1	Aberdeen	Elgin	1
32.28	576	H	03/02/19	ND Age Group Championships 2019 R1	Aberdeen	Elgin	1
32.16	582	F	13/07/18	Scottish Summer Meet 2018	Aberdeen	Elgin	1
32.57	560	H	13/07/18	Scottish Summer Meet 2018	Aberdeen	Elgin	1
32.45	567	H	28/06/18	Scottish National Open Championships	Tollcross	Elgin	1
32.66	556	F	26/05/18	North District Long Course Time Trials 2018	Aberdeen	Elgin	1
33.19	530	C	05/05/18	East District Open Championships	Edinburgh	Elgin	1
32.84	547	H	05/05/18	East District Open Championships	Edinburgh	Elgin	1
31.92	595	F	28/04/18	University of Aberdeen International Open	Aberdeen	Elgin	1
32.77	550	H	28/04/18	University of Aberdeen International Open	Aberdeen	Elgin	1
32.65	556	F	31/03/18	Scottish National Age Group Championships	Tollcross	Elgin	1
32.54	562	H	31/03/18	Scottish National Age Group Championships	Tollcross		1
32.32	573	F	05/02/18	North District Age Group Championships 2018	Aberdeen	Elgin	1
32.21	579	H	05/02/18	North District Age Group Championships 2018	Aberdeen	Elgin	1
34.28	481	H	07/07/17	Scottish Summer Meet	Edinburgh	Elgin	1
33.98	493	H	29/06/17	Scottish National Open Championships	Aberdeen		1
34.08	489	F	27/05/17	North District Long Course Time Trials 2017	Aberdeen	Elgin	1
33.63	509	F	29/04/17	University of Aberdeen Long Course Open Meet	Aberdeen	Elgin	1
33.82	500	H	29/04/17	University of Aberdeen Long Course Open Meet	Aberdeen	Elgin	1
33.79	502	H	01/04/17	Scottish National Age Group Championships	Aberdeen	Peterhead	1
38.15	349	F	28/05/16	North District Junior LC Time Trials	Aberdeen		2
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39.39	317	H	05/03/16	North District Age Group Championships	Aberdeen	Deveron	1