

# Individual Best Times (All Time)

Holly Shand - (1198401) - University of Aberdeen Performan - 400 Individual Medley - 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
5:10.14	629	H	14/03/20	Edinburgh International	Edinburgh		1
5:10.62	627	C	14/03/20	Edinburgh International	Edinburgh	UoAPS	1
5:12.09	618	F	02/02/20	ND Age Group Championships 2020 R1	Aberdeen	UoAPS	1
5:12.80	614	H	24/01/20	22nd Luxembourg Euro Meet 2020	Luxembourg		1
5:18.42	582	H	18/01/20	53e Challenge International de Geneve	Geneva		1
5:20.20	572	F	28/03/19	Scottish National Age Group Championships	Tollcross	Elgin	1
5:24.24	551	F	11/07/19	Scottish Summer Meet	RCP Edinburgh	Elgin	1
5:25.02	547	F	27/04/19	University of Aberdeen LC Age Group Open	Aberdeen	Elgin	1
5:25.38	545	H	28/03/19	Scottish National Age Group Championships	Tollcross	Elgin	1
5:27.09	537	H	27/06/19	Scottish National Open Championships	Aberdeen	Elgin	1
5:27.91	533	F	05/02/18	North District Age Group Championships 2018	Aberdeen	Elgin	1
5:37.88	487	H	29/03/18	Scottish National Age Group Championships	Tollcross	Elgin	1

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5:27.91

533

F

05/02/18

North District Age Group Championships 2018

Aberdeen

Elgin

1