Individual Best Times (All Time)

Holly Shand - (1198401) - University of Aberdeen Performan - 50 Breaststroke - 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 |
|-------|--------|-------|----------|--|---------------|-----------------|-------|
| 36.11 | 526 | F | 02/03/20 | ND Age Group Championships 2020 R2 | Aberdeen | UoAPS | 1 |
| 36.41 | 513 | Н | 02/03/20 | ND Age Group Championships 2020 R2 | Aberdeen | UoAPS | 1 |
| 37.33 | 476 | Н | 27/03/19 | Scottish National Age Group Championships | Tollcross | Elgin | 1 |
| 37.37 | 475 | Н | 04/03/19 | ND Age Group Championships 2019 R2 | Aberdeen | Elgin | 1 |
| 37.87 | 456 | F | 04/03/19 | ND Age Group Championships 2019 R2 | Aberdeen | Elgin | 1 |
| 38.10 | 448 | Н | 13/07/19 | Scottish Summer Meet | RCP Edinburgh | Elgin | 1 |
| 38.16 | 446 | Н | 14/07/18 | Scottish Summer Meet 2018 | Aberdeen | Elgin | 1 |
| 38.28 | 442 | Н | 28/03/18 | Scottish National Age Group Championships | Tollcross | Elgin | 1 |
| 39.84 | 392 | Н | 29/03/17 | Scottish National Age Group Championships | Aberdeen | Peterhead | 1 |
| 40.20 | 381 | Н | 29/04/17 | University of Aberdeen Long Course Open Meet | Aberdeen | Elgin | 1 |
| 40.91 | 362 | Н | 05/02/17 | North District Age Group Championships | Aberdeen | Peterhead | 1 |
| 41.29 | 352 | F | 28/05/17 | North District Long Course Time Trials 2017 | Aberdeen | Elgin | 1 |
| 43.65 | 298 | Н | 30/04/16 | COAST Long Course Meet | Aberdeen | Deveron | 1 |
| 44.29 | 285 | F | 29/05/16 | North District Junior LC Time Trials | Aberdeen | | 2 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|-------------------------|----------|-------|----------|---|---------------|------------------------|-------------|
| 36.11 | 526 | F | 02/03/20 | ND Age Group Championships 2020 R2 | Aberdeen | UoAPS | 1 |
| 36.41 | 513 | Н | 02/03/20 | ND Age Group Championships 2020 R2 | Aberdeen | UoAPS | 1 |
| 38.10 | 448 | Н | 13/07/19 | Scottish Summer Meet | RCP Edinburgh | Elgin | 1 |
| 37.33 | 476 | Н | 27/03/19 | Scottish National Age Group Championships | Tollcross | Elgin | 1 |
| 37.87 | 456 | F | 04/03/19 | ND Age Group Championships 2019 R2 | Aberdeen | Elgin | 1 |
| 37.37 | 475 | Н | 04/03/19 | ND Age Group Championships 2019 R2 | Aberdeen | Elgin | 1 |
| 38.16 | 446 | Н | 14/07/18 | Scottish Summer Meet 2018 | Aberdeen | Elgin | 1 |
| 38.28 | 442 | Н | 28/03/18 | Scottish National Age Group Championships | Tollcross | Elgin | 1 |
| 41.29 copyright 2024 | 352 4 | F | 28/05/17 | North District Long Course Time Trials 2017 | Aberdeen | Elgin Powered By SPORT | 1 SYSTEM |

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|-------|-----|---|----------|--|----------|-----------|------------|
| 40.20 | 381 | Н | 29/04/17 | University of Aberdeen Long Course Open Meet | Aberdeen | Elgin | 1 |
| 39.84 | 392 | Н | 29/03/17 | Scottish National Age Group Championships | Aberdeen | Peterhead | 1 |
| 40.91 | 362 | Н | 05/02/17 | North District Age Group Championships | Aberdeen | Peterhead | 1 |
| 44.29 | 285 | F | 29/05/16 | North District Junior LC Time Trials | Aberdeen | | 2 |
| 43.65 | 298 | Н | 30/04/16 | COAST Long Course Meet | Aberdeen | Deveron | 1 |
| | | | | | | | |

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