

Individual Best Times (All Time)

Tom Nicolson - (1243390) - Delting Dolphins 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
4:42.34	473	F	02/02/20	ND Age Group Championships 2020 R1	Aberdeen	Delting	1
4:43.64	467	F	25/05/19	North District Long Course Time Trials 2019	Aberdeen	Delting	1
4:44.41	463	F	28/03/19	Scottish National Age Group Championships	Tollcross	Delting	1
4:49.65	438	F	03/02/19	ND Age Group Championships 2019 R1	Aberdeen	Delting	1
5:08.87	361	F	26/05/18	North District Long Course Time Trials 2018	Aberdeen	Delting	1
5:16.22	337	F	04/02/18	North District Age Group Championships 2018	Aberdeen	Delting	1
5:34.10	285	F	27/05/17	North District Long Course Time Trials 2017	Aberdeen	Delting	1
5:43.55	262	F	05/02/17	North District Age Group Championships	Aberdeen	Delting	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:42.34	473	F	02/02/20	ND Age Group Championships 2020 R1	Aberdeen	Delting	1
4:43.64	467	F	25/05/19	North District Long Course Time Trials 2019	Aberdeen	Delting	1
4:44.41	463	F	28/03/19	Scottish National Age Group Championships	Tollcross	Delting	1
4:49.65	438	F	03/02/19	ND Age Group Championships 2019 R1	Aberdeen	Delting	1
5:08.87	361	F	26/05/18	North District Long Course Time Trials 2018	Aberdeen	Delting	1
5:16.22	337	F	04/02/18	North District Age Group Championships 2018	Aberdeen	Delting	1
5:34.10	285	F	27/05/17	North District Long Course Time Trials 2017	Aberdeen	Delting	1
5:43.55	262	F	05/02/17	North District Age Group Championships	Aberdeen	Delting	1