

Individual Best Times (All Time)

Rachael O'Donnell - (149356) - Garioch 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
4:28.46	674	H	20/10/12	Lincoln Vulcans SC LC Open Meet	Sheffield	Carnegie	1
4:28.80	671	H	03/08/13	BG ASA National Youth Championships	Sheffield	Carnegie	1
4:30.46	659		07/04/11	Scottish National Open Championships	Glasgow	Carnegie	1
4:34.24	632	F	08/04/10	Scottish Nationals Meet	Glasgow	Carnegie	1
4:41.05	587		24/06/10	BG Scottish Nationals Open	Glasgow	Carnegie	1
4:45.88	558	H	24/05/09	Rotherham Metro LC Meet	Sheffield	Carnegie	1
4:47.46	549		21/02/09	East District LC TT	Edinburgh	Carnegie	1
4:48.77	541		09/04/09	Scottish National Age Grp	Edinburgh	Carnegie	1
4:51.94	524		27/06/09	Scottish National Champs	Glasgow	Carnegie	1
4:52.41	521	H	18/05/08	Rotherham Metro Open Meet	Sheffield	Carnegie	1
4:52.78	519		16/11/08	Potobello LC Prize Meet	Edinburgh	Carnegie	2
4:55.08	507		01/06/08	East District Open Champs	Edinburgh	Carnegie	1
4:58.80	488		04/05/08	City of Glasgow Open Meet	Glasgow	Carnegie	2
4:59.84	483		10/04/08	Scottish Age Group Champs	Glasgow	Carnegie	1
5:41.13	328		21/01/07	East District Time Trial	Edinburgh	Carnegie	1

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