

# Individual Best Times (All Time)

Rebecca Smith - (348771) - Livingston & District Dolphins - 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
5:01.66	684	F	31/05/15	East District Open with SASA Grand Prix	Edinburgh	Warrender Ba	1
5:02.41	679	F	31/03/12	SG National Open Age Group Championships	Sunderland	Warrender Ba	1
5:03.98	669	F	03/04/14	Scottish Gas National Open Championships	Glasgow	Warrender Ba	1
5:04.04	668	H	09/08/14	BG ASA Youth & MC Championships 2014	Sheffield	Warrender Ba	1
5:04.28	667	C	25/06/15	Scottish National Open Championships	Glasgow	Warrender Ba	1
5:05.21	661	H	25/06/15	Scottish National Open Championships	Glasgow	Warrender Ba	1
5:05.50	659	H	03/04/14	Scottish Gas National Open Championships	Glasgow	Warrender Ba	1
5:05.84	656	F	13/06/13	Scottish Gas National Open Championships	Glasgow	Warrender Ba	1
5:05.99	655	F	25/06/14	Scottish Gas National Age Groups 2014	Aberdeen	Warrender Ba	1
5:06.04	655	F	02/02/14	East District Open incorporating Grand Prix	Edinburgh	Warrender Ba	1
5:06.27	654	F	20/01/13	2013 West District Grand Prix	East Kilbride	Warrender Ba	1
5:06.88	650	F	15/03/15	Edinburgh International 2015	Edinburgh	Warrender Ba	1
5:06.98	649	F	02/06/13	East District Open & Grand Prix Round 3	Edinburgh	Warrender Ba	1
5:07.27	647	F	18/01/15	SASA West District Grand Prix	Glasgow	Warrender Ba	1
5:07.43	646	H	04/08/13	BG ASA National Youth Championships	Sheffield	Warrender Ba	1
5:08.13	642	F	28/01/12	Scottish Schools Swimming Championship	East Kilbride	Warrender Ba	1
5:09.15	636	F	13/02/14	Hamilton Aquatics Dubai International Open	Dubai	Warrender Ba	1
5:09.17	635	H	31/03/12	SG National Open Age Group Championships	Sunderland	Warrender Ba	1
5:09.32	635	H	31/05/15	East District Open with SASA Grand Prix	Edinburgh	Warrender Ba	1
5:10.19	629	F	01/06/14	North District SASA Grand Prix	Aberdeen	Warrender Ba	1
5:10.48	627	H	02/06/13	East District Open & Grand Prix Round 3	Edinburgh	Warrender Ba	1
5:10.54	627	H	13/06/13	Scottish Gas National Open Championships	Glasgow	Warrender Ba	1
5:10.64	626	H	02/02/14	East District Open incorporating Grand Prix	Edinburgh	Warrender Ba	1
5:10.87	625	H	21/07/12	BG ASA National Youth Championships 2012	Sheffield	Warrender Ba	1
5:11.73	620	H	25/06/14	Scottish Gas National Age Groups 2014	Aberdeen	Warrender Ba	1
5:12.20	617	H	18/01/15	SASA West District Grand Prix	Glasgow	Warrender Ba	1
5:12.20	617	C	10/05/12	Celtic Tri Nations 2012	East Kilbride	Warrender Ba	1

5:12.29	617	C	10/05/13	Celtic Tri Nations 2013	East Kilbride	Warrender Ba	1
5:12.90	613		15/01/12	SASA West District Grand Prix Meet	East Kilbride	Warrender Ba	1
5:13.17	611	H	20/01/13	2013 West District Grand Prix	East Kilbride	Warrender Ba	1
5:13.52	609		10/04/11	Scottish National Open Championships	Glasgow	Warrender Ba	1
5:13.69	608	H	01/06/14	North District SASA Grand Prix	Aberdeen	Warrender Ba	1
5:14.85	602	H	10/05/13	Celtic Tri Nations 2013	East Kilbride	Warrender Ba	1
5:16.00	595	H	07/02/15	Derventio Excel February Festival	Sheffield	Warrender Ba	1
5:17.18	588		15/01/12	SASA West District Grand Prix Meet	East Kilbride	Warrender Ba	1
5:19.31	577	H	30/06/11	Scottish Gas National Open Championships	Glasgow	Warrender Ba	1
5:19.98	573	H	31/07/11	British Gas ASA National Youth Champs	Sheffield	Warrender Ba	1
5:29.78	524		27/06/10	BG Scottish Nationals Open	Glasgow	Warrender Ba	1
5:32.38	511	F	11/04/10	Scottish Nationals Meet	Glasgow	Warrender Ba	1
5:50.24	437		08/04/09	Scottish National Age Grp	Edinburgh	Warrender Ba	1

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