

Individual Best Times (All Time)

Lois Ross - (390051) - Strathclyde University Swimming - 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
5:34.39	502	F	26/05/18	North District Long Course Time Trials 2018	Aberdeen	Shetland	1
5:42.45	467	H	15/07/18	Scottish Summer Meet 2018	Aberdeen	Shetland	1
5:57.59	411	F	07/03/15	North District Age Group Championships	Aberdeen	Lerwick	1

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