

Individual Best Times (All Time)

Lois Ross - (390051) - Strathclyde University Swimming - 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
4:57.11	497	F	27/05/18	North District Long Course Time Trials 2018	Aberdeen	Shetland	1
4:57.67	494	F	02/03/19	2019 WD Long Course AG Pre-SNAG Meet	Glasgow	Co Glasgow	1
5:01.59	475	H	26/05/19	Glasgow International Swim Meet	Tollcross	Co Glasgow	1
5:10.22	436	H	17/02/19	BUCS Long Course Swimming Championships 2019	Sheffield		1
5:14.42	419	F	13/01/19	2019 SS West District LC Senior Age Group Champs	Glasgow	Co Glasgow	1

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