## **Individual Best Times (All Time)**

Lois Ross - (390051) - Strathclyde University Swimming - 100 Breaststroke - 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
1:17.93	557	F	02/04/17	Scottish National Age Group Championships	Aberdeen	Lerwick	1
1:18.34	548	F	07/07/17	Scottish Summer Meet	Edinburgh	Shetland	1
1:18.64	542	F	07/02/17	North District Age Group Championships 2017	Aberdeen	Lerwick	1
1:18.70	541	F	26/05/18	North District Long Course Time Trials 2018	Aberdeen	Shetland	1
1:18.72	540	Н	13/07/18	Scottish Summer Meet 2018	Aberdeen	Shetland	1
1:18.79	539	Н	02/04/17	Scottish National Age Group Championships	Aberdeen	Lerwick	1
1:18.93	536	Н	07/07/17	Scottish Summer Meet	Edinburgh	Shetland	1
1:19.02	534	F	13/07/18	Scottish Summer Meet 2018	Aberdeen	Shetland	1
1:20.02	514	Н	01/04/18	Scottish National Age Group Championships	Tollcross	Shetland	1
1:20.14	512	Н	07/02/17	North District Age Group Championships 2017	Aberdeen	Lerwick	1
1:21.37	489	F	27/05/17	North District Long Course Time Trials 2017	Aberdeen	Shetland	1
1:22.10	476	Н	01/07/16	Scottish National Open Championships	Glasgow	Lerwick	1
1:25.18	426	Н	13/01/19	2019 SS West District LC Senior Age Group Champs	Glasgow	Co Glasgow	1
1:25.56	421	Н	08/03/15	North District Age Group Championships	Aberdeen	Lerwick	1
1:26.40	408	F	08/03/15	North District Age Group Championships	Aberdeen	Lerwick	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:25.18	426	Н	13/01/19	2019 SS West District LC Senior Age Group Champs	Glasgow	Co Glasgow	1
1:19.02	534	F	13/07/18	Scottish Summer Meet 2018	Aberdeen	Shetland	1
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1:21.37 yright 2024	489 4	F	27/05/17	North District Long Course Time Trials 2017	Aberdeen	Shetland Powered By SPOR	1 FSYSTEI

Page 2 / 2							
1	Lerwick	Aberdeen	Scottish National Age Group Championships	02/04/17	F	557	1:17.93
1	Lerwick	Aberdeen	Scottish National Age Group Championships	02/04/17	Н	539	1:18.79
1	Lerwick	Aberdeen	North District Age Group Championships 2017	07/02/17	F	542	1:18.64
1	Lerwick	Aberdeen	North District Age Group Championships 2017	07/02/17	Н	512	1:20.14
1	Lerwick	Glasgow	Scottish National Open Championships	01/07/16	Н	476	1:22.10
1	Lerwick	Aberdeen	North District Age Group Championships	08/03/15	F	408	1:26.40
1	Lerwick	Aberdeen	North District Age Group Championships	08/03/15	Н	421	1:25.56

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