

# Individual Best Times (All Time)

Cara Elliott - (527016) - Warrender Baths Club - 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
4:49.77	535	H	05/04/14	Scottish Gas National Open Championships	Glasgow	Warrender Ba	1
4:52.64	520	H	01/02/14	East District Open incorporating Grand Prix	Edinburgh	Warrender Ba	1
4:53.78	514	H	17/01/15	SASA West District Grand Prix	Glasgow	Warrender Ba	1
4:55.62	504	H	27/06/15	Scottish National Open Championships	Glasgow	Warrender Ba	1
4:56.35	501	H	18/05/14	City of Sunderland May Open 2014	Sunderland	Warrender Ba	1
4:59.54	485	H	12/05/13	Celtic Tri Nations 2013	East Kilbride	Warrender Ba	1
5:02.75	469	H	01/06/13	East District Open & Grand Prix Round 3	Edinburgh	Warrender Ba	1
5:03.87	464	H	30/05/15	East District Open with SASA Grand Prix	Edinburgh	Warrender Ba	1
5:06.85	451	H	20/07/13	Irish Age Group Championships	Dublin	Warrender Ba	1
5:10.87	434	F	04/04/12	SG National Open Age Group Championships	Sunderland	Warrender Ba	1

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