Individual Best Times (All Time)

Stian Howard - (545756) - Banchory Beavers ASC - 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
5:04.42	505	H	28/06/15	Scottish National Open Championships	Glasgow	South Aberde	1
5:11.84	470	H	06/04/14	Scottish Gas National Open Championships	Glasgow	Banchory	1
5:16.12	451	F	03/05/14	Westhill Dolphin Drilling Invitational Meet 2014	Aberdeen	Banchory	2
5:18.24	442	F	16/06/13	Scottish Gas National Open Championships	Glasgow	Banchory	1
5:21.26	430	H	01/06/13	East District Open & Grand Prix Round 3	Edinburgh	Banchory	1
5:27.15	407	F	25/05/14	Aberdeen Dolphin Commonwealth Gala	Aberdeen	Banchory	1

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