

Individual Best Times (All Time)

Rachel Sharples - (73478) - Edinburgh University - 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
5:11.97	618		10/04/11	Scottish National Open Championships	Glasgow	Musselburgh	1
5:16.34	593		27/06/10	BG Scottish Nationals Open	Glasgow	Musselburgh	1
5:19.86	574	H	16/01/11	Chester Le Street Burns Open Meet	Sheffield	Musselburgh	1
5:20.44	571	H	01/08/10	British Gas Nat Age Grps	Sheffield	Musselburgh	1
5:22.15	562		27/06/10	BG Scottish Nationals Open	Glasgow	Musselburgh	1
5:22.93	558	H	29/05/10	Co Sunderland 2nd Open Meet	Sunderland	Musselburgh	1
5:27.05	537	F	11/04/10	Scottish Nationals Meet	Glasgow	Musselburgh	1
5:30.05	522		25/06/09	Scottish National Champs	Glasgow	Musselburgh	1
5:31.23	517	H	30/05/09	City of Sunderland Open	Sunderland	Musselburgh	1
5:31.55	515		08/04/09	Scottish National Age Grp	Edinburgh	Musselburgh	1
5:32.05	513		07/06/09	SASA East District Open	Edinburgh	Musselburgh	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:11.97	618		10/04/11	Scottish National Open Championships	Glasgow	Musselburgh	1
5:19.86	574	H	16/01/11	Chester Le Street Burns Open Meet	Sheffield	Musselburgh	1
5:20.44	571	H	01/08/10	British Gas Nat Age Grps	Sheffield	Musselburgh	1
5:16.34	593		27/06/10	BG Scottish Nationals Open	Glasgow	Musselburgh	1
5:22.15	562		27/06/10	BG Scottish Nationals Open	Glasgow	Musselburgh	1
5:22.93	558	H	29/05/10	Co Sunderland 2nd Open Meet	Sunderland	Musselburgh	1
5:27.05	537	F	11/04/10	Scottish Nationals Meet	Glasgow	Musselburgh	1
5:30.05	522		25/06/09	Scottish National Champs	Glasgow	Musselburgh	1
5:32.05	513		07/06/09	SASA East District Open	Edinburgh	Musselburgh	1
5:31.23	517	H	30/05/09	City of Sunderland Open	Sunderland	Musselburgh	1
5:31.55	515		08/04/09	Scottish National Age Grp	Edinburgh	Musselburgh	1