

Individual Best Times (All Time)

Angus Nicol - (736300) - City Of Glasgow Swim Team - 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
4:27.88	554	H	31/03/16	Scottish National Age Group Championships	Glasgow	Co Glasgow	1
4:28.36	551	H	27/05/18	2018 Glasgow International Swim Meet	Glasgow	Co Glasgow	1
4:28.51	550	F	11/03/16	Edinburgh International Meet	Edinburgh	Co Glasgow	1
4:30.17	540	H	01/07/16	Scottish National Open Championships	Glasgow	Co Glasgow	1
4:33.15	522	F	31/03/16	Scottish National Age Group Championships	Glasgow	Co Glasgow	1
4:34.73	514	F	06/02/16	SASA West District LC AG Round 1 Meet	East Kilbride	Co Glasgow	1
4:34.95	512	H	31/05/15	East District Open with SASA Grand Prix	Edinburgh	Co Glasgow	1
4:35.71	508	F	03/04/15	Scottish National Age Group Championships	Aberdeen	Co Glasgow	1
4:36.36	504	F	24/07/15	Scottish Summer Meet 2015	Edinburgh	Co Glasgow	1
4:37.65	497	F	14/01/17	2017 SASA West District LC AG R1 Championship	East Kilbride	Co Glasgow	1
4:45.02	460	F	27/06/14	Scottish Gas National Age Groups 2014	Aberdeen	Co Glasgow	1
5:00.50	392	F	08/02/14	2014 SASA West District LC JAG Champs	East Kilbride	Co Glasgow	1
5:12.07	350	F	09/02/13	2013 SASA District JAG LC Championships	East Kilbride	Co Glasgow	1

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