

Individual Best Times (All Time)

Kirsty Griffiths - (752275) - 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
4:31.62	650	F	14/07/18	Scottish Summer Meet 2018	Aberdeen	Co Glasgow	1
4:34.93	627	H	14/07/18	Scottish Summer Meet 2018	Aberdeen	Co Glasgow	1
4:35.36	624	C	27/05/18	2018 Glasgow International Swim Meet	Glasgow	Co Glasgow	1
4:36.78	615	F	08/07/17	Scottish Summer Meet	Edinburgh	Co Glasgow	1
4:37.55	609	H	27/05/18	2018 Glasgow International Swim Meet	Glasgow	Co Glasgow	1
4:37.74	608	H	30/06/18	Scottish National Open Championships	Tollcross	Co Glasgow	1
4:39.01	600	F	16/07/16	Scottish Summer Meet	Aberdeen	Co Glasgow	1
4:39.40	597	F	31/03/17	Scottish National Age Group Championships	Aberdeen	Co Glasgow	1
4:39.99	594	F	28/04/18	University of Aberdeen International Open	Aberdeen	Co Glasgow	1
4:40.90	588	H	01/07/17	Scottish National Open Championships	Aberdeen	Co Glasgow	1
4:41.08	587	H	08/07/17	Scottish Summer Meet	Edinburgh	Co Glasgow	1
4:41.63	583	H	16/07/16	Scottish Summer Meet	Aberdeen	Co Glasgow	1
4:42.62	577	H	31/03/17	Scottish National Age Group Championships	Aberdeen	Co Glasgow	1
4:42.76	576	F	03/04/16	Scottish National Age Group Championships	Glasgow	Co Glasgow	1
4:43.09	574	F	27/01/18	Brodies Schools Swimming Championships	Dolan Aqua Centre		1
4:43.29	573	H	02/07/16	Scottish National Open Championships	Glasgow	Co Glasgow	1
4:44.13	568	F	30/04/16	COAST Long Course Meet	Aberdeen	Co Glasgow	1
4:45.49	560	F	04/02/18	2018 SS West District LC Age Group Championships	East Kilbride	Co Glasgow	1
4:45.86	558	H	03/04/16	Scottish National Age Group Championships	Glasgow	Co Glasgow	1
4:46.39	555	H	30/03/18	Scottish National Age Group Championships	Tollcross	Co Glasgow	1
4:46.94	551	F	12/03/16	Edinburgh International Meet	Edinburgh	Co Glasgow	1
4:52.81	519	F	25/07/15	Scottish Summer Meet 2015	Edinburgh	Co Glasgow	1
4:55.74	504	H	10/05/15	SASA West District Championships	East Kilbride	Co Glasgow	1
4:59.47	485	F	08/03/15	SASA West District SAG Championship	East Kilbride	Hamilton	1
5:19.69	399	F	09/02/14	2014 SASA West District LC JAG Champs	East Kilbride	Hamilton	1
5:42.78	323	F	10/02/13	2013 SASA District JAG LC Championships	East Kilbride	Hamilton	1

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