Individual Best Times (All Time)

Heather Lees - (787558) - City Of Glasgow Swim Team - 200 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 |
|---------|--------|-------|----------|---|---------------|-----------------|-------|
| 2:28.61 | 611 | Н | 11/03/16 | Edinburgh International Meet | Edinburgh | Co Glasgow | 1 |
| 2:28.89 | 607 | F | 15/07/16 | Scottish Summer Meet | Aberdeen | Co Glasgow | 1 |
| 2:32.44 | 566 | Н | 26/06/15 | Scottish National Open Championships | Glasgow | F.I.R.S.T. | 1 |
| 2:33.57 | 553 | F | 01/03/14 | SASA West District Open SAG Champs | East Kilbride | Falkirk | 1 |
| 2:33.73 | 552 | Н | 31/03/16 | Scottish National Age Group Championships | Glasgow | Co Glasgow | 1 |
| 2:35.46 | 533 | Н | 15/07/16 | Scottish Summer Meet | Aberdeen | Co Glasgow | 1 |
| 2:36.12 | 527 | Н | 04/04/14 | Scottish Gas National Open Championships | Glasgow | Falkirk | 1 |
| 2:36.38 | 524 | Н | 01/03/14 | SASA West District Open SAG Champs | East Kilbride | Falkirk | 1 |
| 2:38.10 | 507 | Н | 27/06/14 | Scottish Gas National Age Groups 2014 | Aberdeen | | 1 |
| 2:39.64 | 493 | Н | 07/03/15 | SASA West District SAG Championship | East Kilbride | | 1 |
| 2:40.28 | 487 | Н | 17/01/15 | SASA West District Grand Prix | Glasgow | F.I.R.S.T. | 1 |
| 2:40.56 | 484 | Н | 30/05/15 | East District Open with SASA Grand Prix | Edinburgh | F.I.R.S.T. | 1 |
| 2:41.59 | 475 | Н | 28/07/13 | Swim Wales Summer Nationals | Swansea | Falkirk | 1 |
| 2:46.27 | 436 | Н | 09/02/13 | 2013 SASA District JAG LC Championships | East Kilbride | Falkirk | 1 |
| 2:46.87 | 431 | F | 09/02/13 | 2013 SASA District JAG LC Championships | East Kilbride | Falkirk | 1 |
| | | | | | | | |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|------------------------|----------|-------|----------|---|---------------|------------------------------|--------------|
| 2:28.89 | 607 | F | 15/07/16 | Scottish Summer Meet | Aberdeen | Co Glasgow | 1 |
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| 2:39.64 | 493 | Н | 07/03/15 | SASA West District SAG Championship | East Kilbride | | 1 |
| 2:40.28 yright 2024 | 487 4 | Н | 17/01/15 | SASA West District Grand Prix | Glasgow | F.I.R.S.T. Powered By SPORT | 1 TSYSTEI |

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|---------|-----|---|----------|--|---------------|---------|------------|
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