

# Individual Best Times (All Time)

James Macdonald - (801040) - Warrender Baths Club - 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
4:18.22	619	H	29/06/18	Scottish National Open Championships	Tollcross	Warrender Ba	1
4:19.25	611	F	07/07/17	Scottish Summer Meet	Edinburgh	Warrender Ba	1
4:20.39	603	H	30/03/17	Scottish National Age Group Championships	Aberdeen	Warrender Ba	1
4:22.49	589	H	07/07/17	Scottish Summer Meet	Edinburgh	Warrender Ba	1
4:24.91	573	F	30/03/17	Scottish National Age Group Championships	Aberdeen	Warrender Ba	1
4:25.25	571	F	15/07/16	Scottish Summer Meet	Aberdeen	Warrender Ba	1
4:28.41	551	H	31/03/16	Scottish National Age Group Championships	Glasgow	Warrender Ba	1
4:28.86	548	F	31/03/16	Scottish National Age Group Championships	Glasgow	Warrender Ba	1
4:29.29	545	H	27/05/17	East District Long Course Open Meet	Edinburgh	Warrender Ba	1
4:33.34	521	H	06/02/16	Derventio Excel February Festival 2016	Sheffield	Warrender Ba	1
4:34.03	517	H	15/07/16	Scottish Summer Meet	Aberdeen	Warrender Ba	1
4:37.44	499	H	29/03/18	Scottish National Age Group Championships	Tollcross	Warrender Ba	1
4:42.19	474	F	27/06/14	Scottish Gas National Age Groups 2014	Aberdeen	Warrender Ba	1

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