

Individual Best Times (All Time)

Alasdair Dunse - (811586) - Livingston & District Dolphins - 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
4:35.38	510	F	31/03/16	Scottish National Age Group Championships	Glasgow	West Lothian	1
4:40.75	481	F	15/07/16	Scottish Summer Meet	Aberdeen	West Lothian	1
4:44.35	463	F	24/07/15	Scottish Summer Meet 2015	Edinburgh	West Lothian	1
4:50.17	436	F	03/04/15	Scottish National Age Group Championships	Aberdeen	West Lothian	1

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