

Individual Best Times (All Time)

Liam McDougall - (835046) - Bellshill Sharks ASC - 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
4:33.32	521	H	23/05/15	City of Sheffield Swim Squad No Frills Meet	Sheffield		1
4:33.52	520	F	06/06/15	East Kilbride Long Course Open Age Group Meet	East Kilbride	Bellshill	2
4:36.26	505	F	07/03/15	SASA West District SAG Championship	East Kilbride	Bellshill	1
4:37.72	497	H	03/04/15	Scottish National Age Group Championships	Aberdeen	North Lan ST	1
4:38.76	492	F	27/06/14	Scottish Gas National Age Groups 2014	Aberdeen		1

Swims in Date Order

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4:38.76	492	F	27/06/14	Scottish Gas National Age Groups 2014	Aberdeen		1