

Individual Best Times (All Time)

Adam Millar - (900188) - Glasgow University Swim Team - 50 Backstroke - 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
30.70	451	H	01/02/20	ND Age Group Championships 2020 R1	Aberdeen	Shetland	1
30.80	447	F	01/02/20	ND Age Group Championships 2020 R1	Aberdeen	Shetland	1
31.08	435	H	01/04/18	Scottish National Age Group Championships	Tollcross		1
31.30	425	H	04/02/23	ND Age Group Championships 2023 R1	Aberdeen		1
31.42	421	H	31/03/19	Scottish National Age Group Championships	Tollcross	Shetland	1
31.44	420	F	06/02/18	North District Age Group Championships 2018	Aberdeen	Shetland	1
31.45	419	H	27/05/23	Glasgow International Swim Meet	Tollcross		1
31.62	413	H	30/06/19	Scottish National Open Championships	Aberdeen	Shetland	1
31.65	411	H	02/04/17	Scottish National Age Group Championships	Aberdeen	Lerwick	1
31.80	406	H	14/07/18	Scottish Summer Meet 2018	Aberdeen	Shetland	1
31.88	403	F	02/04/17	Scottish National Age Group Championships	Aberdeen	Lerwick	1
31.95	400	H	02/02/19	ND Age Group Championships 2019 R1	Aberdeen	Shetland	1
31.99	398	F	26/05/19	North District Long Course Time Trials 2019	Aberdeen	Shetland	1
32.01	398	H	06/02/18	North District Age Group Championships 2018	Aberdeen	Shetland	1
32.10	394	F	08/07/17	Scottish Summer Meet	Edinburgh	Shetland	1
32.15	393	H	08/07/17	Scottish Summer Meet	Edinburgh	Shetland	1
32.18	391	F	27/05/18	North District Long Course Time Trials 2018	Aberdeen	Shetland	1
32.21	390	H	07/02/17	North District Age Group Championships 2017	Aberdeen	Lerwick	1
32.36	385	F	28/05/17	North District Long Course Time Trials 2017	Aberdeen	Shetland	1
32.58	377	F	07/02/17	North District Age Group Championships 2017	Aberdeen	Lerwick	1
32.71	373	F	16/07/16	Scottish Summer Meet	Aberdeen	Shetland	1
33.09	360	H	16/07/16	Scottish Summer Meet	Aberdeen	Shetland	1
33.32	353	F	03/04/16	Scottish National Age Group Championships	Glasgow	Lerwick	1
33.62	343	H	03/04/16	Scottish National Age Group Championships	Glasgow		1
33.89	335	F	06/03/16	North District Age Group Championships	Aberdeen	Lerwick	1
34.90	307	H	06/03/16	North District Age Group Championships	Aberdeen	Lerwick	1
36.50	288	H	21/01/15	Podium Scottish Schools Championships	Aberdeen		1

36.30	200	M	31/01/15	Brodies Scottish Schools Championships	Aberdeen		
36.72	263	F	05/04/15	Scottish National Age Group Championships	Aberdeen	South Main	1
36.98	258	F	31/01/15	Brodies Scottish Schools Championships	Aberdeen		1
37.01	257	H	05/04/15	Scottish National Age Group Championships	Aberdeen		1
37.25	252	H	08/03/15	North District Age Group Championships	Aberdeen	South Main	1
37.50	247	F	08/03/15	North District Age Group Championships	Aberdeen	South Main	1

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32.15	393	H	08/07/17	Scottish Summer Meet	Edinburgh	Shetland	1
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36.50	268	H	31/01/15	Brodies Scottish Schools Championships	Aberdeen		1