

# Individual Best Times (All Time)

Adam Millar - (900188) - Glasgow University Swim Team - 200 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
2:27.10	440	H	31/03/17	Scottish National Age Group Championships	Aberdeen	Lerwick	1
2:27.35	438	F	27/05/18	North District Long Course Time Trials 2018	Aberdeen	Shetland	1
2:27.43	437	H	30/03/18	Scottish National Age Group Championships	Tollcross	Shetland	1
2:28.05	432	F	03/02/18	North District Age Group Championships 2018	Aberdeen	Shetland	1
2:28.25	430	F	04/02/17	North District Age Group Championships	Aberdeen	Lerwick	1
2:28.47	428	F	07/07/17	Scottish Summer Meet	Edinburgh	Shetland	1
2:29.55	419	F	03/03/20	ND Age Group Championships 2020 R2	Aberdeen	Shetland	1
2:30.73	409	F	15/07/16	Scottish Summer Meet	Aberdeen	Shetland	1
2:30.75	409	F	28/05/17	North District Long Course Time Trials 2017	Aberdeen	Shetland	1
2:30.89	408	H	29/06/19	Scottish National Open Championships	Aberdeen	Shetland	1
2:30.96	407	H	13/07/18	Scottish Summer Meet 2018	Aberdeen	Shetland	1
2:31.31	404	H	29/03/19	Scottish National Age Group Championships	Tollcross	Shetland	1
2:31.55	402	F	26/05/19	North District Long Course Time Trials 2019	Aberdeen	Shetland	1
2:31.60	402	F	05/03/19	ND Age Group Championships 2019 R2	Aberdeen	Shetland	1
2:32.73	393	F	29/05/16	North District Junior LC Time Trials	Aberdeen	Lerwick	2
2:32.77	393	H	31/03/16	Scottish National Age Group Championships	Glasgow	Lerwick	1
2:33.09	390	F	31/03/16	Scottish National Age Group Championships	Glasgow	Lerwick	1
2:35.22	374	F	06/03/16	North District Age Group Championships	Aberdeen	Lerwick	1
2:44.22	316	H	03/04/15	Scottish National Age Group Championships	Aberdeen	South Main	1
2:45.01	312	F	08/03/15	North District Age Group Championships	Aberdeen	South Main	1
2:46.63	303	F	03/04/15	Scottish National Age Group Championships	Aberdeen	South Main	1

## Swims in Date Order

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2:29.55	419	F	03/03/20	ND Age Group Championships 2020 R2	Aberdeen	Shetland	1
2:30.89	408	H	29/06/19	Scottish National Open Championships	Aberdeen	Shetland	1

2:31.55	402	F	26/05/19	North District Long Course Time Trials 2019	Aberdeen	Shetland	1
2:31.31	404	H	29/03/19	Scottish National Age Group Championships	Tollcross	Shetland	1
2:31.60	402	F	05/03/19	ND Age Group Championships 2019 R2	Aberdeen	Shetland	1
2:30.96	407	H	13/07/18	Scottish Summer Meet 2018	Aberdeen	Shetland	1
2:27.35	438	F	27/05/18	North District Long Course Time Trials 2018	Aberdeen	Shetland	1
2:27.43	437	H	30/03/18	Scottish National Age Group Championships	Tollcross	Shetland	1
2:28.05	432	F	03/02/18	North District Age Group Championships 2018	Aberdeen	Shetland	1
2:28.47	428	F	07/07/17	Scottish Summer Meet	Edinburgh	Shetland	1
2:30.75	409	F	28/05/17	North District Long Course Time Trials 2017	Aberdeen	Shetland	1
2:27.10	440	H	31/03/17	Scottish National Age Group Championships	Aberdeen	Lerwick	1
2:28.25	430	F	04/02/17	North District Age Group Championships	Aberdeen	Lerwick	1
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2:46.63	303	F	03/04/15	Scottish National Age Group Championships	Aberdeen	South Main	1
2:44.22	316	H	03/04/15	Scottish National Age Group Championships	Aberdeen	South Main	1
2:45.01	312	F	08/03/15	North District Age Group Championships	Aberdeen	South Main	1