

Individual Best Times (All Time)

Adam Millar - (900188) - Glasgow University Swim Team - 400 Individual Medley - 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
5:25.48	413	F	07/02/17	North District Age Group Championships 2017	Aberdeen	Lerwick	1
5:27.86	404	H	30/06/19	Scottish National Open Championships	Aberdeen	Shetland	1
5:28.01	404	F	02/02/19	ND Age Group Championships 2019 R1	Aberdeen	Shetland	1
5:32.02	389	H	31/03/18	Scottish National Age Group Championships	Tollcross	Shetland	1
5:33.99	382	F	17/07/16	Scottish Summer Meet	Aberdeen	Shetland	1
5:38.36	368	F	06/02/18	North District Age Group Championships 2018	Aberdeen	Shetland	1
5:41.57	357	F	03/04/16	Scottish National Age Group Championships	Glasgow	Lerwick	1
5:45.37	346	F	06/03/16	North District Age Group Championships	Aberdeen	Lerwick	1
5:52.65	325	F	04/02/23	ND Age Group Championships 2023 R1	Aberdeen		1
6:00.11	305	F	05/04/15	Scottish National Age Group Championships	Aberdeen	South Main	1
6:07.92	286	F	08/03/15	North District Age Group Championships	Aberdeen	South Main	1

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