

# Individual Best Times (All Time)

Adam Millar - (900188) - Glasgow University Swim Team - 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
4:46.47	453	F	02/03/20	ND Age Group Championships 2020 R2	Aberdeen	Shetland	1
4:47.75	447	F	15/07/16	Scottish Summer Meet	Aberdeen	Shetland	1
4:49.44	439	F	04/03/19	ND Age Group Championships 2019 R2	Aberdeen	Shetland	1
4:49.81	437	F	25/05/19	North District Long Course Time Trials 2019	Aberdeen	Shetland	1
4:50.19	436	F	05/02/17	North District Age Group Championships	Aberdeen	Lerwick	1
4:51.08	432	F	28/05/16	North District Junior LC Time Trials	Aberdeen	Lerwick	2
4:51.69	429	F	26/05/18	North District Long Course Time Trials 2018	Aberdeen	Shetland	1
4:56.11	410	F	31/03/16	Scottish National Age Group Championships	Glasgow	Lerwick	1
5:01.57	388	F	05/03/16	North District Age Group Championships	Aberdeen	Lerwick	1
5:16.41	336	F	03/04/15	Scottish National Age Group Championships	Aberdeen	South Main	1
5:18.20	330	F	07/03/15	North District Age Group Championships	Aberdeen	South Main	1

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