

# Individual Best Times (All Time)

Mark Ford - (932142) - Lanark - 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
4:51.22	577	F	15/07/18	Scottish Summer Meet 2018	Aberdeen	Co Glasgow	1
4:51.92	573	H	25/05/19	Glasgow International Swim Meet	Tollcross	Co Glasgow	1
4:57.63	540	H	15/07/18	Scottish Summer Meet 2018	Aberdeen	Co Glasgow	1
4:58.90	534	H	31/03/18	Scottish National Age Group Championships	Tollcross	Co Glasgow	1
4:59.57	530	H	26/05/18	2018 Glasgow International Swim Meet	Glasgow	Co Glasgow	1
5:00.15	527	F	09/07/17	Scottish Summer Meet	Edinburgh	Co Glasgow	1
5:01.05	522	H	02/07/17	Scottish National Open Championships	Aberdeen	Co Glasgow	1
5:02.20	516	F	31/03/18	Scottish National Age Group Championships	Tollcross	Co Glasgow	1
5:02.23	516	H	13/01/18	City of Sunderland New Year Meet 2018	Sunderland	Co Glasgow	1
5:03.61	509	F	01/04/17	Scottish National Age Group Championships	Aberdeen	SLanarkshire	1
5:05.30	501	F	03/02/18	2018 SS West District LC Age Group Championships	East Kilbride	Co Glasgow	1
5:05.66	499	C	25/05/19	Glasgow International Swim Meet	Tollcross	Co Glasgow	1
5:08.31	486	F	14/01/17	2017 SASA West District LC AG R1 Championship	East Kilbride	Lanark	1
5:25.62	413	F	07/02/16	SASA West District LC AG Round 1 Meet	East Kilbride	Lanark	1
5:38.11	368	F	05/04/15	Scottish National Age Group Championships	Aberdeen	SLanarkshire	1
5:51.13	329	F	07/02/15	SASA West District JAG Championship	East Kilbride	Lanark	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:05.66	499	C	25/05/19	Glasgow International Swim Meet	Tollcross	Co Glasgow	1
4:51.92	573	H	25/05/19	Glasgow International Swim Meet	Tollcross	Co Glasgow	1
4:51.22	577	F	15/07/18	Scottish Summer Meet 2018	Aberdeen	Co Glasgow	1
4:57.63	540	H	15/07/18	Scottish Summer Meet 2018	Aberdeen	Co Glasgow	1
4:59.57	530	H	26/05/18	2018 Glasgow International Swim Meet	Glasgow	Co Glasgow	1
5:02.20	516	F	31/03/18	Scottish National Age Group Championships	Tollcross	Co Glasgow	1
4:58.90	534	H	31/03/18	Scottish National Age Group Championships	Tollcross	Co Glasgow	1

5:05.30	501	F	03/02/18	2018 SS West District LC Age Group Championships	East Kilbride	Co Glasgow	1
5:02.23	516	H	13/01/18	City of Sunderland New Year Meet 2018	Sunderland	Co Glasgow	1
5:00.15	527	F	09/07/17	Scottish Summer Meet	Edinburgh	Co Glasgow	1
5:01.05	522	H	02/07/17	Scottish National Open Championships	Aberdeen	Co Glasgow	1
5:03.61	509	F	01/04/17	Scottish National Age Group Championships	Aberdeen	SLanarkshire	1
5:08.31	486	F	14/01/17	2017 SASA West District LC AG R1 Championship	East Kilbride	Lanark	1
5:25.62	413	F	07/02/16	SASA West District LC AG Round 1 Meet	East Kilbride	Lanark	1
5:38.11	368	F	05/04/15	Scottish National Age Group Championships	Aberdeen	SLanarkshire	1
5:51.13	329	F	07/02/15	SASA West District JAG Championship	East Kilbride	Lanark	1