

Individual Best Times (All Time)

Elle Sutherland - (946306) - Westhill District ASC - 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
4:49.49	537	F	12/07/19	Scottish Summer Meet	RCP Edinburgh	South Aberde	1
4:49.75	536	F	03/03/20	ND Age Group Championships 2020 R2	Aberdeen	Westhill	1
4:54.83	508	H	12/07/19	Scottish Summer Meet	RCP Edinburgh	South Aberde	1
4:54.86	508	H	26/05/19	Glasgow International Swim Meet	Tollcross	South Aberde	1
4:55.57	505	F	05/03/19	ND Age Group Championships 2019 R2	Aberdeen	Westhill	1
4:57.05	497	F	27/04/19	University of Aberdeen LC Age Group Open	Aberdeen	South Aberde	1
4:59.03	487	H	29/06/19	Scottish National Open Championships	Aberdeen	South Aberde	1
4:59.68	484	F	17/07/21	Scottish Summer Festival of Swimming	Edinburgh		1
4:59.96	483	F	28/04/18	University of Aberdeen International Open	Aberdeen	Westhill	1
5:01.03	478	F	06/02/18	North District Age Group Championships 2018	Aberdeen	Westhill	1
5:06.56	452	F	30/04/16	COAST Long Course Meet	Aberdeen	Upper Deesid	1
5:17.14	408	F	31/05/15	North District Junior LC Time Trials 2015	Aberdeen	Upper Deesid	2
5:27.07	372	F	08/03/15	North District Age Group Championships	Aberdeen	Upper Deesid	1
5:56.78	287	H	03/11/13	City of Sunderland Firecracker 2013	Sunderland	Upper Deesid	3

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