

Individual Best Times (All Time)

Jessica Riach - (948595) - Ythan ASC - 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
5:46.16	453	F	04/03/19	ND Age Group Championships 2019 R2	Aberdeen	Elgin	1
5:52.21	430	F	27/04/19	University of Aberdeen LC Age Group Open	Aberdeen	Elgin	1
5:53.51	425	F	26/05/18	North District Long Course Time Trials 2018	Aberdeen	Broch	1
5:56.33	415	F	06/02/17	North District Age Group Championships 2017	Aberdeen	Broch	1
5:57.42	411	F	28/04/18	University of Aberdeen International Open	Aberdeen	Broch	1
5:58.37	408	F	27/05/17	North District Long Course Time Trials 2017	Aberdeen	Broch	1
6:24.26	331	F	30/04/16	COAST Long Course Meet	Aberdeen		1

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