

Individual Best Times (All Time)

Emily Scott - (1118417) - Banchory Beavers ASC - 400 Freestyle - Short 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 |
|---------|--------|-------|----------|--|---------------|-----------------|-------|
| 5:01.91 | 449 | F | 05/05/18 | Westhill Invitational Meet 2018 | Westhill | Banchory | 2 |
| 5:03.64 | 442 | F | 22/11/18 | Scottish Schools Trials Aberdeen & Aberdeenshire | Aberdeen | | 2 |
| 5:05.44 | 434 | F | 27/10/18 | DCA Autumn Open Meet | Dundee | South Aberde | 2 |
| 5:06.62 | 429 | F | 17/03/18 | Elgin ASC Spring Meet 2018 | Buckie | Banchory | 2 |
| 5:08.66 | 420 | F | 26/11/17 | ND Age Group Meet 2017 | Inverness | Banchory | 2 |
| 5:10.60 | 412 | F | 17/09/17 | SAS Time Trial | Aberdeen | South Aberde | 2 |
| 5:10.93 | 411 | F | 24/06/17 | ND Development Meet 2017 | Inverness | Banchory | 2 |
| 5:13.91 | 400 | F | 21/11/17 | Scottish Schools Heats | Aberdeen | | 2 |
| 5:16.77 | 389 | F | 06/05/17 | Westhill Invitational Meet 2017 | Westhill | Banchory | 2 |
| 5:16.90 | 388 | F | 28/10/17 | DCA Autumn Open Meet | Dundee | South Aberde | 2 |
| 5:18.26 | 383 | F | 04/11/18 | North District Open Championships 2018 | Aberdeen | South Aberde | 2 |
| 5:24.37 | 362 | F | 15/01/17 | SAS Junior Meet 2017 | Westhill | South Aberde | 2 |
| 5:31.06 | 341 | F | 10/02/19 | SAS Time Trial | Westhill Pool | Banchory | 2 |
| 5:31.95 | 338 | F | 26/06/16 | North District Development Meets | Inverness | Banchory | 2 |
| 5:35.99 | 326 | F | 12/02/17 | SAS Time Trial | Aberdeen | South Aberde | 2 |
| 5:50.27 | 287 | F | 28/08/16 | SAS Time Trial August 2016 | Aberdeen | South Aberde | 2 |
| 5:54.26 | 278 | F | 07/05/16 | Westhill Invitational Meet 2016 | Westhill | Banchory | 2 |
| 5:54.26 | 278 | F | 07/05/16 | Westhill Invitational Meet | Westhill | Banchory | 2 |
| 6:01.99 | 260 | F | 21/06/15 | SASA North District Development Meet 2015 | Inverness | Banchory | 1 |
| 6:10.80 | 242 | F | 06/09/15 | Cults Otters Challenge Trophy | Aberdeen | South Aberde | 2 |

Swims in Date Order

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