

Individual Best Times (All Time)

Mark Innes - (1192011) - Warrender Baths Club - 100 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
55.45	528	F	10/10/21	East District Time Trials	RCP, Edinburgh		2
55.64	523	H	09/11/19	North District Open Championships 2019	Aberdeen	Warrender Ba	2
55.79	519	F	06/10/19	WBC Championships Day 2 and 3 2019	Michael Woods Centre	Warrender Ba	2
57.02	486	F	25/02/18	Hearts pre SNAGs 18	Xcite	Warrender Ba	2
58.11	459	F	22/10/17	Carnegie 140th Anniversary Meet	Dunfermline	Warrender Ba	2
58.16	458	H	22/10/17	Carnegie 140th Anniversary Meet	Dunfermline	Warrender Ba	2
58.84	442	F	08/10/17	WBC Championships 2017	Michael Woods Centre	Warrender Ba	2
59.64	424	F	19/02/17	Carnegie Open Spring Age Group Meet 2017	Glenrothes	Warrender Ba	2
59.86	420	H	30/10/16	Carnegie Winter Open Meet	Glenrothes	Warrender Ba	2
1:00.05	416	F	20/05/17	Swim West Lothian IM Tough 2017	West Lothian	Warrender Ba	2
1:00.21	413	F	17/12/16	Cumbernauld Xmas Sprints	Cumbernauld	Warrender Ba	2
1:01.11	395	F	18/09/16	Warrender Championships	Glenrothes	Warrender Ba	2
1:03.94	344		09/01/16	FIRST Open Meet 2016	Bathgate	Warrender Ba	2
1:04.04	343	F	19/12/15	Cumbernauld Christmas Sprints 2015	Cumbernauld	Warrender Ba	3
1:06.58	305	F	11/10/15	WBC Club Championships 2015 Weekend	Glenrothes	Warrender Ba	2
1:08.32	282	F	16/05/15	Swim West Lothian IM Tough 2015	West Lothian	Warrender Ba	2
1:11.30	248	F	31/01/15	Mags 2015	Grangemouth	Warrender Ba	2
1:19.09	182		08/11/14	Lothian Region Graded Meet	Prestonpans		2
1:20.43	173	F	12/10/14	Warrender Championships	Glenrothes	Warrender Ba	2

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