

# Individual Best Times (All Time)

Mark Innes - (1192011) - Warrender Baths Club - 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
4:16.31	567	F	23/11/19	East District Age Groups round 2	Michael Woods Centre	Warrender Ba	2
4:17.33	561	F	15/09/19	WBC Championships Day 1 2019	Michael Woods Centre	Warrender Ba	2
4:19.74	545	F	13/11/21	East District Time Trials	Xcite Bathgate		2
4:20.13	543	F	24/11/18	East District Age Group Championships round 1	Michael Woods Centre	Warrender Ba	2
4:23.13	524	F	25/11/17	EDAG 17 Round 1	Michael Woods Centre	Warrender Ba	2
4:23.82	520	H	07/12/18	Scottish National Short Course Open Swimming	Edinburgh	Warrender Ba	2
4:34.55	462	F	07/10/17	WBC Championships 2017	Michael Woods Centre	Warrender Ba	2
4:55.16	371	F	12/06/16	ELST Distance Meet 2016	Mercat Gait	Warrender Ba	2
4:56.39	367	F	13/02/16	ELST Anniversary Meet	Prestonpans	Warrender Ba	2
4:57.59	362	F	17/09/16	Warrender Championships	Glenrothes	Warrender Ba	2
4:59.36	356	F	20/05/17	Swim West Lothian IM Tough 2017	West Lothian	Warrender Ba	2
5:10.71	318	F	10/10/15	WBC Club Championships 2015 Weekend	Glenrothes	Warrender Ba	2
5:10.73	318	F	31/10/15	East District Age Group Championships	Glenrothes	Warrender Ba	1
5:19.44	293	F	14/02/15	SASA East District Challenge	Bathgate	Warrender Ba	1
5:23.52	282	F	16/05/15	Swim West Lothian IM Tough 2015	West Lothian	Warrender Ba	2
5:25.12	278		06/06/15	InCas Distance Meet	Dunfermline	Warrender Ba	2

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