

Individual Best Times (All Time)

Holly Shand - (1198401) - University of Aberdeen Performan - 50 Backstroke - 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
30.65	559	F	11/11/18	Aberdeen ASC Nifty 50s + 2018	Aberdeen	Elgin	2
30.66	558	H	03/11/19	AASC Nifty Fifties 2019	Aberdeen	UoAPS	2
30.69	556	H	11/11/18	Aberdeen ASC Nifty 50s + 2018	Aberdeen	Elgin	2
30.84	548	F	03/11/19	AASC Nifty Fifties 2019	Aberdeen	UoAPS	2
30.91	545	H	09/11/19	North District Open Championships 2019	Aberdeen	UoAPS	2
30.97	541	H	03/11/18	North District Open Championships 2018	Aberdeen	Elgin	2
31.06	537		07/12/18	Scottish National Short Course Open Swimming	Edinburgh	Elgin	2
31.07	536	H	07/12/18	Scottish National Short Course Open Swimming	Edinburgh	Elgin	2
31.09	535	F	17/02/19	Elgin ASC Spring Meet 2019	Buckie	Elgin	2
31.11	534	H	15/12/19	Scottish National Short Course Championships	Edinburgh	UoAPS	2
31.33	523	F	28/11/20	Tighinn Comhla	Various - Round 2		0
31.38	520	F	29/10/17	Aberdeen ASC Nifty 50s + 2017	Aberdeen	Elgin	2
31.38	520	H	04/11/17	North District Open Championships 2017	Inverness	Elgin	1
31.43	518	F	25/11/17	ND Age Group Meet 2017	Inverness	Elgin	2
31.47	516	H	29/10/17	Aberdeen ASC Nifty 50s + 2017	Aberdeen	Elgin	2
31.57	511	F	12/10/19	Garioch 200	Inverurie	UoAPS	2
31.73	503	F	17/02/19	Elgin ASC Spring Meet 2019	Buckie	Elgin	2
31.86	497	F	17/03/18	Elgin ASC Spring Meet 2018	Buckie	Elgin	2
31.90	495	H	08/12/17	Scottish National Short Course Open Champs	Edinburgh	Elgin	2
31.94	494	F	14/10/17	Garioch ASC G200 2017	Inverurie	Elgin	2
32.03	489	F	20/01/18	Garioch Mix Up Meet 2018	Inverurie	Elgin	2
33.64	422	F	11/02/17	Elgin Spring Meet 2017	Buckie	Peterhead	2
34.25	400	F	21/01/17	Garioch Mix Up Meet 2017	Garioch	Peterhead	2
34.46	393	F	26/11/16	North District Age Group Meet 2016	Inverness	Peterhead	2
35.07	373	F	30/10/16	Aberdeen Nifty Fifties	Aberdeen	Peterhead	2
35.15	370	F	18/03/17	Deveron Age Group Sprints 2017	Banff	Peterhead	2
35.26	367	H	20/10/16	Aberdeen Nifty Fifties	Aberdeen	Peterhead	2

33.20	307	F	30/10/16	Aberdeen Nifty Fifties	Aberdeen	Peterhead	2
36.38	334	F	15/10/16	Garioch 200 Meet 2016	Inverurie	Peterhead	2
37.17	313	F	21/05/16	NEASCA Age Groups 2016	Fraserburgh	Deveron	2
38.05	292	F	13/02/16	Elgin Spring Meet	Buckie	Deveron	2
38.80	275	F	19/03/16	Deveron Age Group Sprints 2016	Banff	Deveron	2
38.86	274	F	23/01/16	SASA North District Age Group Meet 2016	Inverness	Deveron	2
39.12	268	F	20/02/16	Garioch Mix Up Meet 2016	Inverurie	Deveron	2
39.91	253	F	07/11/15	Buckie ASC Mini Meet 2015	Buckie	Deveron	2
39.91	253	F	07/11/15	Buckie ASC Mini Meet 2015	Buckie	Deveron	2
40.56	241	F	21/11/15	Upper Deeside Challenge 201	Deeside	Deveron	2
42.69	206	F	29/08/15	Deveron Mini Meet	Banff	Deveron	2
46.08	164	F	23/05/15	NEASCA Age Group Championships	Fraserburgh	Deveron	2
49.09	136	F	08/11/14	Buckie Mini Meet	Buckie	Deveron	2

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31.43	518	F	25/11/17	ND Age Group Meet 2017	Inverness	Elgin	2
31.38	520	H	04/11/17	North District Open Championships 2017	Inverness	Elgin	1
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40.56	241	F	21/11/15	Upper Deeside Challenge 201	Deeside	Deveron	2
39.91	253	F	07/11/15	Buckie ASC Mini Meet 2015	Buckie	Deveron	2
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