

Individual Best Times (All Time)

Tom Nicolson - (1243390) - Delting Dolphins ASC - 400 Individual Medley - 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
4:59.36	482	F	14/11/21	SASA North District Autumn Championships	Inverness, Scotland		2
5:02.77	466	F	20/11/21	GTS Winter Meet	Clickimin, Scotland		2
5:04.28	459	H	10/12/21	Scottish National Winter SC Championships	Edinburgh		2
5:06.53	449	F	24/11/19	ND Age Group Meet 2019	Inverness	Delting	2
5:08.43	441	H	11/07/23	NatWest International Island Games XIX	Guernsey		2
5:08.96	438	F	16/11/19	GTS Winter Meet 2019	Clickimin	Delting	2
5:09.04	438	F	26/06/21	Tighinn Comhla	Various		0
5:09.04	438	F	05/11/22	North District Open Championships 2022	Aberdeen		2
5:21.69	388	F	17/06/23	Lerwick ASC Midsummer Meet 2023	Clickimin Pool		3
5:22.17	387	F	22/06/19	ND Development Meet 2019	Inverness	Delting	2
5:26.15	373	F	25/09/22	Shetland Distance Time Trial 2	Lerwick		2
5:26.54	371	F	25/11/18	ND Age Group Meet 2018	Inverness	Delting	2
5:27.99	366	F	17/11/18	GTS Winter Meet 2018	Clickimin	Delting	2
5:28.75	364	F	14/10/18	Garioch ASC G200 2018	Garioch	Delting	2
5:33.62	348	F	24/06/18	ND Development Meet 2018	Inverness	Delting	2
5:36.21	340	F	06/10/18	ND Distance Meet	Fraserburgh	Delting	2
5:39.13	331	F	16/06/18	2108 T L Dallas Midsummer Meet	Clickimin	Delting	2
5:51.64	297	F	26/11/17	ND Age Group Meet 2017	Inverness	Delting	2
5:53.50	293	F	28/10/17	GTS Winter Meet 2017	Clickimin	Delting	2
6:02.30	272	F	17/09/17	Shetland Time Trials 2	Shetland	Delting	2
6:03.54	269	F	10/06/17	T L Dallas Midsummer Meet 2017	Clickimin	Delting	2
6:57.18	178	F	18/09/16	Shetland Distance Meet	Lerwick	Delting	2

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