

Individual Best Times (All Time)

Tom Nicolson - (1243390) - Delting Dolphins 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
4:33.94	465	F	09/10/21	North District Autumn Championships Part 1	Aberdeen		2
4:35.75	456	F	20/02/22	Lerwick ASC Feb Meet 2022	Shetlands		3
4:37.83	445	F	19/06/22	T L Dallas Midsummer Meet 2022	Clickimin Pool		3
4:46.00	408	F	24/11/18	ND Age Group Meet 2018	Inverness	Delting	2
4:47.56	402	F	07/10/18	ND Distance Meet	Fraserburgh	Delting	2
4:47.85	400	F	17/11/18	GTS Winter Meet 2018	Clickimin	Delting	2
4:54.72	373	F	23/06/18	ND Development Meet 2018	Inverness	Delting	2
4:57.15	364	F	17/06/18	2108 T L Dallas Midsummer Meet	Clickimin	Delting	2
5:11.77	315	F	25/11/17	ND Age Group Meet 2017	Inverness	Delting	2
5:17.72	298	F	28/10/17	GTS Winter Meet 2017	Clickimin	Delting	2
5:18.65	295	F	22/10/17	Alloa Graded Meet 2017	Stirling	Delting	2
5:26.81	273	F	11/06/17	T L Dallas Midsummer Meet 2017	Clickimin	Delting	2
6:00.07	204	F	29/10/16	GTS Winter Meet	Lerwick	Delting	2
6:06.49	194	F	11/09/16	Shetland Distance Time Trials	Lerwick	Delting	2

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:37.83	445	F	19/06/22	T L Dallas Midsummer Meet 2022	Clickimin Pool		3
4:35.75	456	F	20/02/22	Lerwick ASC Feb Meet 2022	Shetlands		3
4:33.94	465	F	09/10/21	North District Autumn Championships Part 1	Aberdeen		2
4:46.00	408	F	24/11/18	ND Age Group Meet 2018	Inverness	Delting	2
4:47.85	400	F	17/11/18	GTS Winter Meet 2018	Clickimin	Delting	2
4:47.56	402	F	07/10/18	ND Distance Meet	Fraserburgh	Delting	2
4:54.72	373	F	23/06/18	ND Development Meet 2018	Inverness	Delting	2
4:57.15	364	F	17/06/18	2108 T L Dallas Midsummer Meet	Clickimin	Delting	2
5:11.77	315	F	25/11/17	ND Age Group Meet 2017	Inverness	Delting	2

5:17.72	298	F	28/10/17	GTS Winter Meet 2017	Clickimin	Delting	2
5:18.65	295	F	22/10/17	Alloa Graded Meet 2017	Stirling	Delting	2
5:26.81	273	F	11/06/17	T L Dallas Midsummer Meet 2017	Clickimin	Delting	2
6:00.07	204	F	29/10/16	GTS Winter Meet	Lerwick	Delting	2
6:06.49	194	F	11/09/16	Shetland Distance Time Trials	Lerwick	Delting	2