

Individual Best Times (All Time)

Rachael O'Donnell - (149356) - Garioch 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
4:14.16	753	F	14/12/13	Scottish National Short Course Open Meet	Edinburgh	Carnegie	1
4:15.07	745	H	14/12/13	Scottish National Short Course Open Meet	Edinburgh	Carnegie	1
4:17.53	724		06/11/11	SASA East District Age Groups November Leg	Glenrothes	Carnegie	1
4:19.33	709		03/11/13	East District Age Group Championships	Glenrothes	Carnegie	1
4:19.46	708		04/11/12	East District Age Group Championships	Bathgate	Carnegie	1
4:20.56	699	F	18/12/11	Scottish Gas National Short Course Open	Inverness	Carnegie	1
4:22.73	682		06/03/11	East District Age Groups	Glenrothes	Carnegie	1
4:24.34	669	F	08/01/11	British Gas Scottish National SC Open	Glasgow	Carnegie	1
4:27.39	647	H	18/12/11	Scottish Gas National Short Course Open	Inverness	Carnegie	1
4:32.99	608		16/01/10	Scottish National Champs	Glasgow	Carnegie	1
4:38.69	571	F	05/12/09	East District Age Group	Glenrothes	Carnegie	1
4:39.56	566		21/06/09	Incas Distance Meet	Glenrothes	Carnegie	2
4:44.70	536		08/12/08	SASA East District AG	Glenrothes	Carnegie	1
4:46.05	528		17/01/09	Scottish Nationals SC	Tollcross	Carnegie	1
4:48.06	517		22/06/08	Incas Distance Meet	Glenrothes	Carnegie	2
4:55.57	479		01/12/07	SASA East District Champs	Glenrothes	Carnegie	1
5:07.21	426		23/06/07	Incas Distance Meet	Glenrothes	Carnegie	2
5:38.69	318		24/06/06	InCAS Distance Meet	Glenrothes	Carnegie	2

Swims in Date Order

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4:14.16	753	F	14/12/13	Scottish National Short Course Open Meet	Edinburgh	Carnegie	1
4:15.07	745	H	14/12/13	Scottish National Short Course Open Meet	Edinburgh	Carnegie	1
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4:27.39	647	H	18/12/11	Scottish Gas National Short Course Open	Inverness	Carnegie	1
4:17.53	724		06/11/11	SASA East District Age Groups November Leg	Glenrothes	Carnegie	1
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