

# Individual Best Times (All Time)

Rachel Donald - (153130) - Swim-IT - 200 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
2:31.22	486		20/05/12	Swim West Lothian - IM Tough	Bathgate	Bathgate	2
2:34.69	454		04/12/12	SASA East Dist Age Groups Round 2	Bathgate	Bathgate	2
2:34.89	452		07/11/10	East District Champs	Glenrothes	Bathgate	1
2:35.21	450		19/05/13	Swim West Lothian IM Tough 2013	Bathgate	Bathgate	2
2:35.53	447	H	08/01/11	British Gas Scottish National SC Open	Glasgow	Bathgate	1
2:35.96	443		21/05/11	Swim West Lothian IM Tough meet	West Lothian	Bathgate	2
2:36.04	442	F	30/08/15	Dunedin Challenge Meet	Bathgate	Swim-IT	2
2:36.48	439	H	28/11/15	East District Age Group Championships	Glenrothes	Swim-IT	1
2:36.58	438		24/01/15	FIRST Open Meet	Bathgate	Swim-IT	2
2:37.33	432	F	02/05/15	Carnegie So Long Meet	Glenrothes	Swim-IT	2
2:37.33	432	F	02/05/15	Carnegie So Long Meet	Dunfermline	Swim-IT	2
2:38.55	422		01/06/14	INCAS Distance Meet 2014	Dunfermline	Bathgate	2
2:39.23	416	F	14/02/16	ELST Anniversary Meet	Prestonpans	Swim-IT	2
2:40.29	408	H	01/11/09	East District Age Group	Glenrothes	Bathgate	1
2:43.75	383	F	10/10/09	Hearts Premier Age Group	Prestonpans	Bathgate	2
2:48.70	350		01/11/08	SASA East District AG	Glenrothes	Bathgate	1
2:51.62	332		03/11/07	East District Age Groups	Glenrothes	Bathgate	1
3:14.72	227		03/11/06	East District Champs	Glenrothes	Bathgate	1

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