

Individual Best Times (All Time)

Rachel Donald - (153130) - Swim-IT - 200 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
2:13.08	569		06/03/11	East District Age Groups	Glenrothes	Bathgate	1
2:14.97	545		19/05/12	Swim West Lothian - IM Tough	Bathgate	Bathgate	2
2:16.12	532		18/05/13	Swim West Lothian IM Tough 2013	Bathgate	Bathgate	2
2:18.02	510		05/12/11	SASA East District Age Groups	Glenrothes	Bathgate	1
2:18.27	507		03/12/12	SASA East Dist Age Groups Round 2	Bathgate	Bathgate	2
2:18.71	502	F	27/08/16	Dunedin Challenge Meet	Bathgate	Swim-IT	2
2:18.85	501	F	29/08/15	Dunedin Challenge Meet	Bathgate	Swim-IT	2
2:19.45	494	H	28/11/15	East District Age Group Championships	Glenrothes	Swim-IT	1
2:19.53	494	F	11/06/16	ELST Distance Meet 2016	Mercat Gait	Swim-IT	2
2:20.18	487	H	05/06/10	East District Open Champs	Glenrothes	Bathgate	2
2:20.37	485		02/05/10	Incas Distance Meet	Kirkcaldy	Bathgate	2
2:20.56	483	H	06/12/09	East District Age Group	Glenrothes	Bathgate	1
2:20.87	480		24/01/15	FIRST Open Meet	Bathgate	Swim-IT	2
2:21.34	475		01/06/14	INCAS Distance Meet 2014	Dunfermline	Bathgate	2
2:21.66	472	F	13/02/16	ELST Anniversary Meet	Prestonpans	Swim-IT	2
2:23.49	454	F	25/10/15	Carnegie Winter Open Meet	Dunfermline	Swim-IT	2
2:24.19	447		25/01/09	Stirling Junior Open	Grangemouth	Bathgate	2
2:25.22	438	H	15/01/17	East District Age Groups Round 2	Edinburgh	Swim-IT	1
2:25.79	433		08/12/08	SASA East District AG	Glenrothes	Bathgate	1
2:26.05	430		23/01/10	Stirling Junior Open Meet	Stirling	Bathgate	2
2:26.06	430	F	10/10/09	Hearts Premier Age Group	Prestonpans	Bathgate	2
2:35.36	357		01/12/07	SASA East District Champs	Glenrothes	Bathgate	1
2:46.42	291		03/11/06	SASA East District Champs	Glenrothes	Bathgate	1
3:04.44	213		25/03/06	Warrender Annual Sprints	Dunfermline	Bathgate	3

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