

Individual Best Times (All Time)

Arron Esson - (306223) - Aberdeen 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 |
|---------|--------|-------|----------|--|-------------|-----------------|-------|
| 4:37.11 | 449 | F | 01/12/13 | SASA North District Age Group Meet | Inverness | Aberdeen Dol | 1 |
| 4:39.26 | 439 | F | 11/01/14 | SAS Junior Meet | Westhill | Aberdeen Dol | 2 |
| 4:49.28 | 394 | H | 30/06/13 | SASA North District End of Season Champs | Fraserburgh | Aberdeen Dol | 1 |
| 4:55.68 | 369 | F | 19/01/13 | SASA Junior Meet 2013 | Westhill | Aberdeen Dol | 2 |
| 5:01.74 | 348 | F | 16/06/12 | East Lothian Distance Meet | Prestonpans | Aberdeen Dol | 2 |
| 5:03.39 | 342 | F | 04/12/11 | SASA North District Age Group Championship | Inverness | Aberdeen Dol | 1 |
| 5:03.60 | 341 | | 19/02/12 | Elgin Spring Meet | Buckie | Aberdeen Dol | 2 |
| 5:07.27 | 329 | F | 03/03/12 | North District Age Group Championships | Peterhead | Aberdeen Dol | 2 |
| 5:25.72 | 276 | F | 04/09/11 | Cult Otters Bibby Offshore Team Challenge | Aberdeen | Aberdeen Dol | 2 |
| 5:55.67 | 212 | F | 05/09/10 | Cults Otters Bibby Trophy | Aberdeen | Aberdeen Dol | 2 |

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