

Individual Best Times (All Time)

Rebecca Smith - (348771) - Livingston & District Dolphins - 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
4:21.04	695	C	14/12/13	Scottish National Short Course Open Meet	Edinburgh	Warrender Ba	1
4:22.04	687		03/11/13	East District Age Group Championships	Glenrothes	Warrender Ba	1
4:22.14	686	F	16/11/13	SASA North District Open & Grand Prix	Inverness	Warrender Ba	1
4:24.22	670	H	14/12/13	Scottish National Short Course Open Meet	Edinburgh	Warrender Ba	1
4:25.62	660	H	16/11/13	SASA North District Open & Grand Prix	Inverness	Warrender Ba	1
4:26.15	656	F	18/12/11	Scottish Gas National Short Course Open	Inverness	Warrender Ba	1
4:27.90	643	F	02/11/14	East District Age Group Championships	Fife	Warrender Ba	2
4:28.21	641		13/11/11	Aberdeen Mitchell Trophy 2011	Inverness	Warrender Ba	2
4:28.30	640	H	18/12/11	Scottish Gas National Short Course Open	Inverness	Warrender Ba	1
4:29.77	630	F	08/01/11	British Gas Scottish National SC Open	Glasgow	Warrender Ba	1
4:29.77	630	H	05/06/11	SASA North District Open Championships	Westhill	Warrender Ba	1
4:29.79	630		06/02/11	North District Age Group Meet	Inverness	Warrender Ba	1
4:30.51	625	F	07/05/11	Westhill EnQuest Invitational Meet	Westhill	Warrender Ba	2
4:31.00	621		07/11/10	Aberdeen Mitchell Trophy	Inverness	Warrender Ba	2
4:32.31	612	F	03/11/12	North District Distance Meet	Westhill	Warrender Ba	1
4:32.47	611	H	15/11/14	COAST Grand Prix	Aberdeen	Warrender Ba	1
4:32.72	610	F	12/10/14	Warrender Championships	Glenrothes	Warrender Ba	2
4:33.07	607	F	05/06/11	SASA North District Open Championships	Westhill	Warrender Ba	1
4:33.10	607	F	06/03/11	North District Age Group Meet	Inverness	Warrender Ba	1
4:33.19	606	F	15/01/11	SAS Junior Meet	Westhill	Warrender Ba	2
4:38.34	573		07/03/10	SASA North District Age	Inverness	Warrender Ba	1
4:39.22	568	H	06/06/10	North District Open Champs	Westhill	Warrender Ba	1
4:42.36	549		08/05/10	Westhill Invitational	Westhill	Warrender Ba	2
4:44.17	539		06/12/09	North District Age Groups	Inverness	Warrender Ba	1
4:45.20	533		16/01/10	Scottish National Champs	Glasgow	Warrender Ba	1
4:45.43	532		08/11/09	Aberdeen Mitchell Trophy	Inverness	Warrender Ba	2
4:46.06	528		21/10/09	North District Distance Me	Beaf	Warrender Ba	1

4:46.00	520		31/10/09	NORTH DISTRICT DISTANCE MT	Banff	Warrender Ba	1
4:48.58	514		31/05/09	North District Open 2009	Inverness	Warrender Ba	1
4:51.95	497		06/09/09	Cults Otters BibbyOffshore	Aberdeen	Warrender Ba	2
4:52.44	494		09/05/09	Westhill 15th Invitational	Westhill	Warrender Ba	2
4:53.36	490		31/05/09	North District Open 2009	Inverness	Warrender Ba	1
4:57.32	470		07/03/09	SASA North District Champ	Inverness	Warrender Ba	1
5:01.21	452		13/12/08	SASA North District AG	Inverness	Warrender Ba	1
5:04.50	438		17/01/09	Scottish Nationals SC	Tollcross	Warrender Ba	1
5:06.36	430		01/11/08	SASA North District Dist	Banff	Warrender Ba	1

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