

Individual Best Times (All Time)

James Black - (362228) - City Of Glasgow Swim Team - 400 Individual Medley - 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
4:41.08	582	H	18/11/12	Stockport Metro November Short Course Meet	Stockport	Warrender Ba	2
4:42.82	572		03/11/13	East District Age Group Championships	Glenrothes	Warrender Ba	1
4:42.99	571		04/11/12	East District Age Group Championships	Bathgate	Warrender Ba	1
4:51.56	522	F	16/12/11	Scottish Gas National Short Course Open	Inverness	Warrender Ba	1
4:55.40	502		06/11/11	SASA East District Age Groups November Leg	Glenrothes	Warrender Ba	1
5:06.67	448		07/11/10	East District Champs	Glenrothes	Warrender Ba	1
5:13.80	418	F	09/01/11	British Gas Scottish National SC Open	Glasgow	Warrender Ba	1
5:25.38	375	F	31/10/09	East District Age Group	Glenrothes	Warrender Ba	1
5:31.51	355		21/06/09	Incas Distance Meet	Glenrothes	Warrender Ba	2
5:46.11	312		01/11/08	SASA East District AG	Glenrothes	Warrender Ba	1
5:48.84	304		22/06/08	Incas Distance Meet	Glenrothes	Warrender Ba	2

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