

Individual Best Times (All Time)

Lois Ross - (390051) - Strathclyde University Swimming - 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
5:28.65	489	F	16/06/18	2108 T L Dallas Midsummer Meet	Clickimin	Shetland	2
5:37.99	449	F	04/11/18	North District Open Championships 2018	Aberdeen		2
5:44.58	424	H	06/07/19	Natwest International Island Games XVIII	Gibraltar		2
5:44.58	424	H	08/07/19	Natwest International Island Games XVIII	Gibraltar		2
5:46.36	417	F	29/11/15	GTS Direct Winter Meet	Lerwick	Shetland	2
5:46.87	416	F	04/10/14	SASA North District Open Meet	Inverness	Lerwick	1
5:47.81	412	H	16/11/14	COAST Grand Prix	Aberdeen	Lerwick	1
5:52.30	397	F	07/06/14	Lerwick ASC Midsummer Meet	Clickimin	Shetland	2
5:57.55	379	F	30/11/14	SASA North District Age Group Meet	Inverness	Lerwick	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:44.58	424	H	08/07/19	Natwest International Island Games XVIII	Gibraltar		2
5:44.58	424	H	06/07/19	Natwest International Island Games XVIII	Gibraltar		2
5:37.99	449	F	04/11/18	North District Open Championships 2018	Aberdeen		2
5:28.65	489	F	16/06/18	2108 T L Dallas Midsummer Meet	Clickimin	Shetland	2
5:46.36	417	F	29/11/15	GTS Direct Winter Meet	Lerwick	Shetland	2
5:57.55	379	F	30/11/14	SASA North District Age Group Meet	Inverness	Lerwick	1
5:47.81	412	H	16/11/14	COAST Grand Prix	Aberdeen	Lerwick	1
5:46.87	416	F	04/10/14	SASA North District Open Meet	Inverness	Lerwick	1
5:52.30	397	F	07/06/14	Lerwick ASC Midsummer Meet	Clickimin	Shetland	2