

Individual Best Times (All Time)

Lois Ross - (390051) - Strathclyde University Swimming - 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
4:46.11	528	F	11/06/17	T L Dallas Midsummer Meet 2017	Clickimin	Shetland	2
4:49.44	510		11/11/18	BUCS Short Course Swimming Championships 2018	Sheffield		2
4:49.44	510	H	11/11/18	BUCS Short Course Swimming Championships 2018	Sheffield		2
4:53.59	488	F	29/10/16	GTS Winter Meet	Lerwick	Shetland	2
4:57.90	468	H	05/11/17	North District Open Championships 2017	Inverness	Shetland	1
5:08.16	422	F	28/11/15	GTS Direct Winter Meet	Lerwick	Shetland	2
5:08.32	422	F	10/09/17	Shetland Distance Time Trial 1	Shetland	Shetland	2
5:08.42	421	F	29/11/14	SASA North District Age Group Meet	Inverness	Lerwick	1
5:14.69	397	F	19/04/14	Buckie ASC Age Group Meet	Buckie	Lerwick	2
5:16.93	388	F	08/06/14	Lerwick ASC Midsummer Meet	Clickimin	Shetland	2
5:21.66	371	F	14/06/15	Lerwick Midsummer Meet 2015	Clickimin	Shetland	3
5:33.16	334	F	30/06/13	Lerwick ASC Midsummer Meet	Lerwick	Shetland	2
5:33.46	333	F	08/09/13	Shetland Distance Time Trials 2013	Lerwick	Shetland	2
6:09.89	244		23/09/12	Shetland SC Distance Time Trials 2	Clickimin	Shetland	2
6:20.87	223	F	24/06/12	Lerwick ASC Midsummer Meet 2012	Lerwick	Shetland	2

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