

Individual Best Times (All Time)

Lois Ross - (390051) - Strathclyde University Swimming - 100 Breaststroke - 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
1:15.84	555	F	03/06/18	Junior Inter County 2018	Pickaquoy Centre	Shetland	2
1:16.16	548	F	11/06/17	T L Dallas Midsummer Meet 2017	Clickimin	Shetland	2
1:16.50	541	F	05/05/18	Shetland Junior Inter County Trials 2018	Clickimin	Shetland	2
1:16.66	538	F	03/06/17	Junior Inter County Meet 2017	Lerwick	Shetland	2
1:16.90	533	H	09/12/16	Scottish National Short Course Championships	Edinburgh	Lerwick	1
1:17.27	525	H	04/11/17	North District Open Championships 2017	Inverness		1
1:17.33	524	F	13/11/16	Shetland Senior Age Group Schools Champ 2016	Clickimin	Shetland	2
1:17.35	524	H	03/11/18	North District Open Championships 2018	Aberdeen		2
1:17.46	521	H	28/06/17	XVII Natwest Island Games	Gotland, Sweden	Shetland	2
1:17.66	517	F	06/05/17	Shetland Junior Inter County Trials	Lerwick	Shetland	2
1:17.73	516	H	05/11/16	North District Open Championships	Inverness		1
1:17.98	511	F	11/02/18	Grieg Seafood February Meet 2018	Clickimin	Shetland	2
1:18.63	498	F	19/02/17	Lerwick ASC February Meet 2017	Clickimin	Shetland	2
1:18.94	492	H	08/12/17	Scottish National Short Course Open Champs	Edinburgh	Shetland	2
1:18.99	492	H	07/12/18	Scottish National Short Course Open Swimming	Edinburgh		2
1:19.01	491	H	05/11/16	North District Open Championships	Inverness	Lerwick	1
1:19.57	481	H	11/11/18	BUCS Short Course Swimming Championships 2018	Sheffield		2
1:21.59	446	H	15/11/15	SASA North District Grand Prix 2015	Inverness	Lerwick	1
1:21.68	445	F	08/11/15	Shetland Age Group & Schools Championships	Shetland	Shetland	2
1:22.33	434	F	07/02/16	Sumburgh Hotel Meet	Lerwick	Shetland	2
1:22.75	427	F	07/05/16	Shetland Junior Inter County Trials	Lerwick	Lerwick	2
1:23.85	411	H	04/10/14	SASA North District Open Meet	Inverness	Lerwick	1
1:24.04	408	H	16/11/14	COAST Grand Prix	Aberdeen	Lerwick	1
1:24.53	401	F	18/05/14	Junior Inter County Trials 2014	Clickimin	Shetland	2
1:25.59	386	F	29/11/14	SASA North District Age Group Meet	Inverness	Lerwick	1
1:25.63	386	F	19/04/14	Buckie ASC Age Group Meet	Buckie	Lerwick	2
1:26.08	380	F	08/02/15	LASC Sumburgh Hotel Meet 2015	Clickimin	Shetland	2

1:26.06	300	F	08/02/13	LASC Sumburgh Hotel Meet 2013	Clickimin	Shetland	
1:26.35	376	F	09/11/14	Shetland Age Groups & School Champs	Lochside	Shetland	2
1:26.87	369	H	23/03/14	SASA North District Age Group Champs	Fraserburgh	Shetland	1
1:28.75	346	F	09/02/14	Lerwick ASC Graded Meet	Clickimin	Shetland	2
1:30.02	332	F	24/11/13	Shetland Senior Age Group Championships	Clickimin	Shetland	2
1:31.05	321	F	26/10/13	Alford Otters 4th 100 Meet	Westhill	Shetland	2
1:31.06	321	F	01/12/13	SASA North District Age Group Meet	Inverness	Shetland	1
1:34.39	288	F	20/04/13	Buckie ASC Age Group Championships	Buckie	Shetland	2
1:36.94	266	F	02/02/13	Lerwick ASC February Meet	Clickimin	Shetland	2
1:40.81	236		04/11/12	Shetland Age Group Chsmptionships	Shetland	Shetland	2

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