

# Individual Best Times (All Time)

Ross Leslie - (411364) - Edinburgh University - 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
4:09.09	618	F	28/02/16	EKASC Accredited Time Trial 2016	Larkhall	Eastkilbride	2
4:12.43	594	F	08/11/14	Ren 96 Open Meet	Renfrew	Rutherglen	2
4:14.70	578	F	30/08/14	North Ayrshire Distance Meet	Auchenharvie	Rutherglen	2
4:23.48	522	F	14/12/12	Scottish Gas National SC Championships	Edinburgh	Rutherglen	1
4:24.15	518	F	05/09/15	North Ayrshire Distance Meet	Stevenston	Rutherglen	2
4:27.20	501		03/11/12	2012 SASA West District SAG Champs	Grangemouth	Rutherglen	1
4:30.13	485	F	17/03/12	Cumbernauld Open Age Group Meet	Cumbernauld	Rutherglen	2
4:33.40	467	F	11/02/12	North Ayrshire 200 Meet	Auchenharvie	Rutherglen	2
4:37.40	447	F	16/12/11	Scottish Gas National Short Course Open	Inverness	Rutherglen	1
4:38.37	443	F	19/03/11	Cumbernauld Open Age Group and Senior Meet	Cumbernauld	Rutherglen	2
4:39.64	437		19/02/11	West District Group 1 Championships	Cumbernauld	Rutherglen	1
4:44.00	417	F	07/01/11	British Gas Scottish National SC Open	Glasgow	Rutherglen	1
4:45.03	412		20/11/10	West District Group 6	Grangemouth	Rutherglen	1
4:45.85	409	F	16/06/12	East Lothian Distance Meet	Prestonpans	Rutherglen	2
4:51.11	387		20/02/10	West District Group 1	Cumbernauld	Rutherglen	1
4:54.51	374		29/11/09	West District Group 6	Grangemouth	Rutherglen	1
5:04.13	339		21/02/09	SASA West District Grp 1	Johnstone	Rutherglen	1
5:07.17	329		30/11/08	SASA West Dist Group 6 Mt	Grangemouth	Rutherglen	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:09.09	618	F	28/02/16	EKASC Accredited Time Trial 2016	Larkhall	Eastkilbride	2
4:24.15	518	F	05/09/15	North Ayrshire Distance Meet	Stevenston	Rutherglen	2
4:12.43	594	F	08/11/14	Ren 96 Open Meet	Renfrew	Rutherglen	2
4:14.70	578	F	30/08/14	North Ayrshire Distance Meet	Auchenharvie	Rutherglen	2
4:23.48	522	F	14/12/12	Scottish Gas National SC Championships	Edinburgh	Rutherglen	1

4:27.20	501		03/11/12	2012 SASA West District SAG Champs	Grangemouth	Rutherglen	1
4:45.85	409	F	16/06/12	East Lothian Distance Meet	Prestonpans	Rutherglen	2
4:30.13	485	F	17/03/12	Cumbernauld Open Age Group Meet	Cumbernauld	Rutherglen	2
4:33.40	467	F	11/02/12	North Ayrshire 200 Meet	Auchenharvie	Rutherglen	2
4:37.40	447	F	16/12/11	Scottish Gas National Short Course Open	Inverness	Rutherglen	1
4:38.37	443	F	19/03/11	Cumbernauld Open Age Group and Senior Meet	Cumbernauld	Rutherglen	2
4:39.64	437		19/02/11	West District Group 1 Championships	Cumbernauld	Rutherglen	1
4:44.00	417	F	07/01/11	British Gas Scottish National SC Open	Glasgow	Rutherglen	1
4:45.03	412		20/11/10	West District Group 6	Grangemouth	Rutherglen	1
4:51.11	387		20/02/10	West District Group 1	Cumbernauld	Rutherglen	1
4:54.51	374		29/11/09	West District Group 6	Grangemouth	Rutherglen	1
5:04.13	339		21/02/09	SASA West District Grp 1	Johnstone	Rutherglen	1
5:07.17	329		30/11/08	SASA West Dist Group 6 Mt	Grangemouth	Rutherglen	1