

# Individual Best Times (All Time)

Ben Morrison - (521385) - St Thomas ASC - 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
4:52.31	518	H	10/12/17	Scottish National Short Course Open Champs	Edinburgh	St Thomas	2
4:58.54	486	H	11/12/16	Scottish National Short Course Championships	Edinburgh	St Thomas	1
4:59.10	483	F	30/10/16	DCA Autumn Meet	Dundee	St Thomas	2
5:03.42	463	F	21/02/16	Carnegie Open Spring AG Meet	Glenrothes	Dun City Aqu	2
5:03.96	460	F	11/06/16	ELST Distance Meet 2016	Mercat Gait	St Thomas	2
5:10.07	434	F	17/01/16	SAS Junior Meet 2016	Westhill	Dun City Aqu	2
5:10.61	432	F	06/11/15	SASA Midland District Graded & Distance Meet	Dundee	Dun City Aqu	1
5:15.02	414	F	06/05/16	SASA Midland District SC Distance Meet	Dundee	St Thomas	1
5:19.15	398	F	13/06/15	ELST Distance Meet 2015	Mercat Gait	Dun City Aqu	2
5:19.56	396	F	01/05/15	SASA Midland District Distance Meet	Dundee	Dun City Aqu	1
5:25.69	374	H	15/11/14	COAST Grand Prix	Aberdeen	Dun City Aqu	1
5:27.54	368	F	11/01/15	SAS Junior Meet	Westhill	Dun City Aqu	2
5:28.05	366	F	07/11/14	SASA Midland District Graded & Dist Gala	Dundee	Dun City Aqu	1
5:32.48	352	F	16/05/14	SASA Midland District Distance Meet 2014	Dundee	Dun City Aqu	1
5:37.97	335		01/06/14	INCAS Distance Meet 2014	Dunfermline	Dun City Aqu	2
5:51.98	296	F	27/10/13	Dundee Aquatics Autumn Open Meets	Dundee	Dun City Aqu	2
5:59.81	277		20/04/13	F.I.R.S.T Open Meet	Dunfermline	Dun City Aqu	2

## Swims in Date Order

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4:52.31	518	H	10/12/17	Scottish National Short Course Open Champs	Edinburgh	St Thomas	2
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4:59.10	483	F	30/10/16	DCA Autumn Meet	Dundee	St Thomas	2
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5:15.02	414	F	06/05/16	SASA Midland District SC Distance Meet	Dundee	St Thomas	1
5:03.42	463	F	21/02/16	Carnegie Open Spring AG Meet	Glenrothes	Dun City Aqu	2

5:10.07	434	F	17/01/16	SAS Junior Meet 2016	Westhill	Dun City Aqu	2
5:10.61	432	F	06/11/15	SASA Midland District Graded & Distance Meet	Dundee	Dun City Aqu	1
5:19.15	398	F	13/06/15	ELST Distance Meet 2015	Mercat Gait	Dun City Aqu	2
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