

# Individual Best Times (All Time)

Ben Morrison - (521385) - St Thomas ASC - 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
4:26.62	504	F	19/02/17	Carnegie Open Spring Age Group Meet 2017	Glenrothes	St Thomas	2
4:29.68	487	F	07/05/16	SASA Midland District SC Distance Meet	Dundee	St Thomas	1
4:33.66	466	F	12/06/16	ELST Distance Meet 2016	Mercat Gait	St Thomas	2
4:34.93	460	F	07/11/15	SASA Midland District Graded & Distance Meet	Dundee	Dun City Aqu	1
4:35.02	459	F	17/01/16	SAS Junior Meet 2016	Westhill	Dun City Aqu	2
4:41.45	428	F	02/05/15	SASA Midland District Distance Meet	Dundee	Dun City Aqu	1
4:44.90	413	H	16/11/14	COAST Grand Prix	Aberdeen	Dun City Aqu	1
4:45.79	409	F	10/01/15	SAS Junior Meet	Westhill	Dun City Aqu	2
4:48.91	396	F	08/11/14	SASA Midland District Graded & Dist Gala	Dundee	Dun City Aqu	1
4:51.01	387		01/06/14	INCAS Distance Meet 2014	Dunfermline	Dun City Aqu	2
4:53.72	377	F	17/05/14	SASA Midland District Distance Meet 2014	Dundee	Dun City Aqu	1
5:09.88	321	F	25/05/13	SASA Midland District Distance Meet	Dundee	Dun City Aqu	1
5:10.42	319	F	02/11/13	SASA Midland District Distance & Grade Meet	Dundee	Dun City Aqu	1
5:21.98	286	F	03/11/12	Midland District November Championships	Dundee	Dun City Aqu	1
5:49.16	224	F	26/05/12	Midland District Distance Championships	Dundee	Dun City Aqu	1
6:20.89	173	F	30/10/11	Alloa Graded Meet	Alloa	Dun City Aqu	2

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