

Individual Best Times (All Time)

Duncan McKinney - (522523) - 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
4:04.61	653	H	09/12/16	Scottish National Short Course Championships	Edinburgh	Co Glasgow	1
4:05.36	647	H	08/12/17	Scottish National Short Course Open Champs	Edinburgh	Co Glasgow	2
4:08.28	624	F	05/11/16	North District Open Championships	Inverness	Co Glasgow	1
4:10.65	607	F	04/11/17	REN96 Open Meet	Linwood	Co Glasgow	2
4:11.03	604	H	11/12/15	Scottish National Short Course Meet	Edinburgh	Co Glasgow	1
4:12.21	596	H	15/11/15	SASA North District Grand Prix 2015	Inverness	Co Glasgow	1
4:12.78	591	F	26/09/15	Scottish National Team Championships 2015	Glasgow	Co Glasgow	1
4:14.78	578	F	31/10/15	SASA West District SAG Championships	Grangemouth	Co Glasgow	1
4:15.64	572	F	24/09/16	Scottish National Teams	Glasgow	Co Glasgow	1
4:18.84	551	F	01/11/14	SASA West District SAG Championships	Ayr	Co Glasgow	1
4:18.98	550	H	16/11/14	COAST Grand Prix	Aberdeen	Co Glasgow	1
4:20.69	539	F	15/02/15	Sharks Open Meet	Bellshill	Co Glasgow	2
4:21.57	534	F	30/08/14	North Ayrshire Distance Meet	Auchenharvie	Co Glasgow	2
4:22.01	531	F	14/06/14	Cumbernauld Summer Open 2014	Cumbernauld	Co Glasgow	2
4:24.70	515	F	25/05/14	Alloa ASC Open Meet	Alloa	Co Glasgow	2
4:26.12	507	F	26/04/14	South Ayrshire Swim Team Open Age Group Meet	Ayr	Co Glasgow	2
4:28.23	495	F	16/02/14	Belshill Sharks Open Meet 2014	Belshill	Co Glasgow	2
4:30.59	482	F	13/12/13	Scottish National Short Course Open Meet	Edinburgh	Co Glasgow	1
4:31.11	479	F	16/11/13	SASA West District JAG SC Champs	Cumbernauld	Co Glasgow	1
4:35.62	456		09/06/13	InCas Distance Meet	Dunfermline	Co Glasgow	2
4:40.67	432	F	23/03/13	Cumbernauld Age Group Open & Senior Meet	Cumbernauld	Co Glasgow	2
4:41.49	428		17/11/12	2012 WD Short Course Championships JAG	Cumbernauld	Co Glasgow	1
4:46.15	408	F	17/02/13	Bellshill Sharks ASC Open Meet	Bellshill	Co Glasgow	2
4:54.18	375		12/05/12	SASA West District Group 3 Championships	Dumfries	Co Glasgow	1
5:15.72	303		19/11/11	West Disitrcit Group 6 Meet	Grangemouth	Co Glasgow	1
5:24.41	280		14/05/11	SASA West District Group 3 Championships	Dumfries	Co Glasgow	1
5:40.78	241	F	10/02/11	North Ayrshire 200 Meet	Auchenharvie	Co Glasgow	2

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