

Individual Best Times (All Time)

Stian Howard - (545756) - Banchory Beavers 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 |
|---------|--------|-------|----------|--|-------------|-----------------|-------|
| 5:01.33 | 473 | F | 23/03/14 | SASA North District Age Group Champs | Fraserburgh | Banchory | 1 |
| 5:03.11 | 464 | H | 15/11/14 | COAST Grand Prix | Aberdeen | | 1 |
| 5:06.65 | 448 | F | 01/11/14 | SASA North District Distance Meet | Fraserburgh | Banchory | 1 |
| 5:11.95 | 426 | F | 04/05/13 | Westhill Invitational Meet 2013 | Westhill | Banchory | 2 |
| 5:13.20 | 421 | F | 03/03/13 | SASA North District Age Group Championship | Inverness | Banchory | 1 |
| 5:17.61 | 404 | F | 20/01/13 | SASA Junior Meet 2013 | Westhill | Banchory | 2 |
| 5:20.59 | 392 | F | 03/11/12 | North District Distance Meet | Westhill | Banchory | 1 |
| 5:21.79 | 388 | F | 23/06/12 | SASA North District Development | Inverness | Banchory | 1 |
| 5:24.86 | 377 | F | 05/05/12 | Westhill EnQuest Invitation Meet | Westhill | Banchory | 2 |
| 5:27.98 | 366 | F | 03/12/11 | SASA North District Age Group Championship | Inverness | Banchory | 1 |
| 5:29.88 | 360 | F | 05/11/11 | North District Distance Meet | Banff | Banchory | 1 |
| 5:31.12 | 356 | | 16/02/13 | 2013 Elgin Spring Meet | Buckie | Banchory | 2 |
| 5:34.90 | 344 | F | 25/06/11 | North District Development Meet | Banff | Banchory | 1 |
| 5:48.04 | 307 | | 05/02/11 | North District Age Group Meet | Inverness | Banchory | 1 |
| 5:48.53 | 305 | F | 15/01/12 | South Aberdeenshire Junior Meet | Westhill | Banchory | 2 |

Swims in Date Order

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