

# Individual Best Times (All Time)

Stian Howard - (545756) - Banchory Beavers 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
4:40.96	431	F	05/05/13	Westhill Invitational Meet 2013	Westhill	Banchory	2
4:43.49	419	F	16/02/14	2014 Elgin Spring Meet	Buckie	Banchory	2
4:43.63	419	F	04/11/12	North District Distance Meet	Westhill	Banchory	1
4:46.20	407	F	24/06/12	SASA North District Development	Inverness	Banchory	1
4:47.14	403	F	02/03/13	SASA North District Age Group Championship	Inverness	Banchory	1
4:48.31	398	F	06/05/12	Westhill EnQuest Invitation Meet	Westhill	Banchory	2
4:53.16	379	F	05/11/11	North District Distance Meet	Banff	Banchory	1
4:56.55	366		19/02/12	Elgin Spring Meet	Buckie	Banchory	2
4:56.99	365	F	04/12/11	SASA North District Age Group Championship	Inverness	Banchory	1
5:00.32	353	F	19/01/13	SASA Junior Meet 2013	Westhill	Banchory	2
5:09.27	323	F	04/09/11	Cult Otters Bibby Offshore Team Challenge	Aberdeen	Banchory	2
5:55.92	212		20/06/09	North District Dev Meet	Banff	Banchory	1

## Swims in Date Order

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4:43.49	419	F	16/02/14	2014 Elgin Spring Meet	Buckie	Banchory	2
4:40.96	431	F	05/05/13	Westhill Invitational Meet 2013	Westhill	Banchory	2
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