

Individual Best Times (All Time)

Grant Henderson - (729765) - City Of Glasgow Swim Team - 100 Backstroke - 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
55.90	646	H	09/12/18	Scottish National Short Course Open Swimming	Edinburgh	Co Glasgow	2
56.47	626	F	09/12/18	Scottish National Short Course Open Swimming	Edinburgh	Co Glasgow	2
57.30	600	F	27/10/18	2018 WD SC Senior Age Group Championships	Tollcross	Co Glasgow	2
57.61	590	F	03/11/18	REN 96 Open Meet	Linwood	Co Glasgow	2
57.83	583	F	16/11/19	2019 SS West District SC SAG Championships	Glasgow	Co Glasgow	2
58.01	578	F	04/11/17	REN96 Open Meet	Linwood	Co Glasgow	2
58.49	564	H	15/12/19	Scottish National Short Course Championships	Edinburgh	Co Glasgow	2
59.20	544	H	27/10/18	2018 WD SC Senior Age Group Championships	Tollcross	Co Glasgow	2
59.91	524	H	13/12/15	Scottish National Short Course Meet	Edinburgh	Co Glasgow	1
59.91	524	F	05/10/19	Clyde Coast Winter Championships	Clyde	Co Glasgow	2
1:01.31	489	H	16/11/19	2019 SS West District SC SAG Championships	Glasgow	Co Glasgow	2
1:01.79	478	H	03/11/18	REN 96 Open Meet	Linwood	Co Glasgow	2
1:01.88	476	H	15/11/15	SASA North District Grand Prix 2015	Inverness	Co Glasgow	1
1:02.31	466	H	04/11/17	REN96 Open Meet	Linwood	Co Glasgow	2
1:02.35	465	H	14/12/14	Scottish National Short Course Champs	Edinburgh	Co Glasgow	1
1:02.48	462	H	31/10/15	SASA West District SAG Championships	Grangemouth		1
1:02.70	457	H	16/11/14	COAST Grand Prix	Aberdeen	Co Glasgow	1
1:03.60	438	H	28/10/17	2017 SS West District SC Senior Age Group	Grangemouth	Co Glasgow	1
1:03.60	438	F	28/10/17	2017 SS West District SC Senior Age Group	Grangemouth	Co Glasgow	1
1:07.57	365	F	02/11/13	SASA West District SC SAG	Dumfries	Bellshill	1
1:07.78	362	H	02/11/13	SASA West District SC SAG	Dumfries	Bellshill	1
1:07.80	362	F	16/02/14	Belshill Sharks Open Meet 2014	Belshill	Bellshill	2
1:08.21	355	H	10/11/13	Ren 96 Open Meet	Linwood	Bellshill	2
1:08.86	345	F	10/11/13	Ren 96 Open Meet	Linwood	Bellshill	2
1:12.95	290		03/11/12	2012 SASA West District SAG Champs	Grangemouth	Bellshill	1
1:14.99	267		12/05/12	SASA West District Group 3 Championships	Dumfries	Bellshill	1

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