

# Individual Best Times (All Time)

Grant Henderson - (729765) - City Of Glasgow Swim Team - 100 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
49.75	732	C	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	Co Glasgow	2
49.77	731	C	09/12/17	Scottish National Short Course Open Champs	Edinburgh	Co Glasgow	2
49.88	726	C	10/12/16	Scottish National Short Course Championships	Edinburgh	Co Glasgow	1
50.13	715	H	08/12/18	Scottish National Short Course Open Swimming	Edinburgh	Co Glasgow	2
50.39	704	H	09/12/17	Scottish National Short Course Open Champs	Edinburgh	Co Glasgow	2
50.66	693	H	13/12/19	Scottish National Short Course Championships	Edinburgh	Co Glasgow	2
50.68	692		07/12/18	Scottish National Short Course Open Swimming	Edinburgh	Co Glasgow	2
50.79	688	H	10/12/16	Scottish National Short Course Championships	Edinburgh	Co Glasgow	1
50.87	684	F	27/10/18	2018 WD SC Senior Age Group Championships	Tollcross	Co Glasgow	2
51.04	678	F	16/11/19	2019 SS West District SC SAG Championships	Glasgow	Co Glasgow	2
51.18	672	F	28/10/17	2017 SS West District SC Senior Age Group	Grangemouth	Co Glasgow	1
51.41	663	F	29/10/16	2016 SASA West District SC SAG Championship	Glasgow	Co Glasgow	1
51.44	662	H	05/11/16	North District Open Championships	Inverness	Co Glasgow	1
51.65	654	H	27/10/18	2018 WD SC Senior Age Group Championships	Tollcross	Co Glasgow	2
51.72	651	H	29/10/16	2016 SASA West District SC SAG Championship	Glasgow	Co Glasgow	1
51.74	650	F	05/11/16	North District Open Championships	Inverness	Co Glasgow	1
51.80	648	H	23/10/16	Manchester International 2016	Manchester	Co Glasgow	2
51.81	648	F	21/09/19	Scottish National Team Championships	Glasgow		2
51.92	644	C	15/11/15	SASA North District Grand Prix 2015	Inverness	Co Glasgow	1
52.61	619	H	31/10/15	SASA West District SAG Championships	Grangemouth	Co Glasgow	1
52.70	615	H	12/12/15	Scottish National Short Course Meet	Edinburgh	Co Glasgow	1
52.70	615	H	16/11/19	2019 SS West District SC SAG Championships	Glasgow	Co Glasgow	2
52.77	613	F	31/10/15	SASA West District SAG Championships	Grangemouth	Co Glasgow	1
52.85	610	H	15/11/15	SASA North District Grand Prix 2015	Inverness	Co Glasgow	1
52.92	608	H	04/11/18	REN 96 Open Meet	Linwood	Co Glasgow	2
52.96	606	H	16/11/14	COAST Grand Prix	Aberdeen	Co Glasgow	1
53.07	602	C	16/11/14	COAST Grand Prix	Aberdeen	Co Glasgow	1

53.07	603	C	16/11/14	COAST Grand Prix	Aberdeen	Co Glasgow	1
53.19	599	F	04/11/18	REN 96 Open Meet	Linwood	Co Glasgow	2
53.21	598	F	25/10/15	Carnegie Winter Open Meet	Dunfermline	Co Glasgow	2
53.49	589	H	28/10/17	2017 SS West District SC Senior Age Group	Grangemouth	Co Glasgow	1
53.53	587	H	18/10/15	ASA National County Teams Division 1	Sheffield		2
53.95	574	H	13/12/14	Scottish National Short Course Champs	Edinburgh	Co Glasgow	1
54.13	568	H	25/10/15	Carnegie Winter Open Meet	Dunfermline	Co Glasgow	2
56.06	511	H	05/11/17	REN96 Open Meet	Linwood	Co Glasgow	2
57.04	485	F	15/02/14	Belshill Sharks Open Meet 2014	Belshill	Bellshill	2
57.27	479	H	02/11/13	SASA West District SC SAG	Dumfries	Bellshill	1
57.65	470	F	02/11/13	SASA West District SC SAG	Dumfries	Bellshill	1
57.72	468	H	09/11/13	Ren 96 Open Meet	Linwood	Bellshill	2
59.17	435	F	09/11/13	Ren 96 Open Meet	Linwood	Bellshill	2

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