

Individual Best Times (All Time)

Grant Henderson - (729765) - City Of Glasgow Swim Team - 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
4:40.47	433	F	22/09/13	2013 Stirling Autumn Meet	Stirling	Bellshill	2
4:40.83	431	F	01/02/14	North Ayrshire 200 Meet	Auchenharvie	Bellshill	2
4:43.31	420	F	02/11/13	SASA West District SC SAG	Dumfries	Bellshill	1
4:46.33	407	F	09/11/13	Ren 96 Open Meet	Linwood	Bellshill	2

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