

Individual Best Times (All Time)

Ryan Buchanan - (734658) - Bellshill Sharks 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
4:20.65	539	F	13/12/13	Scottish National Short Course Open Meet	Edinburgh	Bellshill	1
4:20.81	538	F	30/08/14	North Ayrshire Distance Meet	Auchenharvie	Bellshill	2
4:21.28	536		17/05/14	Swim West Lothian IM Tough Meet 2014	Bathgate	Bellshill	2
4:23.32	523	F	14/06/14	Cumbernauld Summer Open 2014	Cumbernauld	Bellshill	2
4:24.27	518	F	01/11/14	SASA West District SAG Championships	Ayr	Bellshill	1
4:25.16	512	F	08/11/14	Ren 96 Open Meet	Renfrew	Bellshill	2
4:27.80	497	F	26/04/14	South Ayrshire Swim Team Open Age Group Meet	Ayr	Bellshill	2
4:28.61	493	F	02/11/13	SASA West District SC SAG	Dumfries	Bellshill	1
4:29.92	486	F	01/02/14	North Ayrshire 200 Meet	Auchenharvie	Bellshill	2
4:30.74	481	F	09/11/13	Ren 96 Open Meet	Linwood	Bellshill	2
4:32.91	470	F	16/02/14	Belshill Sharks Open Meet 2014	Belshill	Bellshill	2
4:33.18	469	F	27/04/13	Dumfries Graded Meet 2013	Dumfries	Bellshill	2
4:40.27	434	F	23/03/13	Cumbernauld Age Group Open & Senior Meet	Cumbernauld	Bellshill	2
4:41.68	427		18/05/13	Swim West Lothian IM Tough 2013	Bathgate	Bellshill	2
4:48.15	399	F	17/02/13	Bellshill Sharks ASC Open Meet	Bellshill	Bellshill	2
4:51.58	385		19/05/12	Swim West Lothian - IM Tough	Bathgate	Bellshill	2
4:52.97	380		17/11/12	2012 WD Short Course Championships JAG	Cumbernauld	Bellshill	1
4:53.05	379	F	02/02/13	North Ayrshire ASC 200 Meet	Auchenharvie	Bellshill	2
5:19.64	292	F	30/10/11	Alloa Graded Meet	Alloa	Bellshill	2
5:21.16	288		19/11/11	West Disitrcit Group 6 Meet	Grangemouth	Bellshill	1

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