

# Individual Best Times (All Time)

Rachel Sharples - (73478) - Edinburgh University - 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
4:27.58	645	H	28/11/10	Stockport Metro Open Meet	Stockport	Musselburgh	2
4:28.39	640		06/03/11	East District Age Groups	Glenrothes	Musselburgh	1
4:28.51	639	F	08/01/11	British Gas Scottish National SC Open	Glasgow	Musselburgh	1
4:29.38	633		07/11/10	Aberdeen Mitchell Trophy	Inverness	Musselburgh	2
4:31.46	618	F	05/12/09	East District Age Group	Glenrothes	Musselburgh	1
4:32.14	613		16/01/10	Scottish National Champs	Glasgow	Musselburgh	1
4:32.92	608		08/11/09	Aberdeen Mitchell Trophy	Inverness	Musselburgh	2
4:40.38	561		17/01/09	Scottish Nationals SC	Tollcross	Musselburgh	1
4:41.30	555		08/12/08	SASA East District AG	Glenrothes	Musselburgh	1
4:45.03	534	F	10/10/10	East Lothian Distance Champs	Prestopans	Musselburgh	2
4:54.66	483	F	16/06/12	East Lothian Distance Meet	Prestonpans	Musselburgh	2
5:21.02	374		22/06/08	Incas Distance Meet	Glenrothes	Musselburgh	2
5:23.73	364		01/12/07	SASA East District Champs	Glenrothes	Musselburgh	1
5:39.28	316		23/06/07	Incas Distance Meet	Glenrothes	Musselburgh	2
5:45.90	299	H	21/04/07	Harrogate Spa Town Dist	Harrogate	Musselburgh	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:54.66	483	F	16/06/12	East Lothian Distance Meet	Prestonpans	Musselburgh	2
4:28.39	640		06/03/11	East District Age Groups	Glenrothes	Musselburgh	1
4:28.51	639	F	08/01/11	British Gas Scottish National SC Open	Glasgow	Musselburgh	1
4:27.58	645	H	28/11/10	Stockport Metro Open Meet	Stockport	Musselburgh	2
4:29.38	633		07/11/10	Aberdeen Mitchell Trophy	Inverness	Musselburgh	2
4:45.03	534	F	10/10/10	East Lothian Distance Champs	Prestopans	Musselburgh	2
4:32.14	613		16/01/10	Scottish National Champs	Glasgow	Musselburgh	1
4:31.46	618	F	05/12/09	East District Age Group	Glenrothes	Musselburgh	1

4:32.92	608		08/11/09	Aberdeen Mitchell Trophy	Inverness	Musselburgh	2
4:40.38	561		17/01/09	Scottish Nationals SC	Tollcross	Musselburgh	1
4:41.30	555		08/12/08	SASA East District AG	Glenrothes	Musselburgh	1
5:21.02	374		22/06/08	Incas Distance Meet	Glenrothes	Musselburgh	2
5:23.73	364		01/12/07	SASA East District Champs	Glenrothes	Musselburgh	1
5:39.28	316		23/06/07	Incas Distance Meet	Glenrothes	Musselburgh	2
5:45.90	299	H	21/04/07	Harrogate Spa Town Dist	Harrogate	Musselburgh	1