Individual Best Times (All Time)

Katherine Stark - (736263) - Cults Otters 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 |
|---------|--------|-------|----------|--|-------------|-----------------|-------|
| 4:21.22 | 694 | Н | 15/11/14 | COAST Grand Prix | Aberdeen | Warrender Ba | 1 |
| 4:22.24 | 686 | F | 31/10/15 | East District Age Group Championships | Glenrothes | Warrender Ba | 1 |
| 4:22.39 | 684 | F | 02/11/14 | East District Age Group Championships | Fife | Warrender Ba | 2 |
| 4:22.42 | 684 | F | 15/11/14 | COAST Grand Prix | Aberdeen | Warrender Ba | 1 |
| 4:22.80 | 681 | Н | 14/11/15 | SASA North District Grand Prix 2015 | Inverness | Warrender Ba | 1 |
| 4:29.09 | 635 | Н | 17/10/15 | Lincoln Vulcans Level 2 Open Meet | Sheffield | | 2 |
| 4:32.76 | 609 | F | 12/10/14 | Warrender Championships | Glenrothes | Warrender Ba | 2 |
| 4:33.97 | 601 | F | 11/10/15 | WBC Club Championships 2015 Weekend | Glenrothes | Warrender Ba | 2 |
| 4:38.34 | 573 | F | 25/05/13 | Alloa ASC Open Meet | Alloa | Warrender Ba | 2 |
| 4:39.84 | 564 | | 03/11/13 | East District Age Group Championships | Glenrothes | Warrender Ba | 1 |
| 4:45.82 | 529 | | 04/11/12 | East District Age Group Championships | Bathgate | Warrender Ba | 1 |
| 4:45.90 | 529 | F | 16/06/12 | East Lothian Distance Meet | Prestonpans | Warrender Ba | 2 |
| 4:59.65 | 459 | | 06/11/11 | SASA East District Age Groups November Leg | Glenrothes | Warrender Ba | 1 |
| 5:06.39 | 430 | | 18/06/11 | Aquanauts Livingston 10th Graded Meet | Bathgate | Warrender Ba | 2 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------------------------|----------|-------|----------|---------------------------------------|------------|--------------------------------|-------------|
| 4:22.80 | 681 | Н | 14/11/15 | SASA North District Grand Prix 2015 | Inverness | Warrender Ba | 1 |
| 4:22.24 | 686 | F | 31/10/15 | East District Age Group Championships | Glenrothes | Warrender Ba | 1 |
| 4:29.09 | 635 | Н | 17/10/15 | Lincoln Vulcans Level 2 Open Meet | Sheffield | | 2 |
| 4:33.97 | 601 | F | 11/10/15 | WBC Club Championships 2015 Weekend | Glenrothes | Warrender Ba | 2 |
| 4:22.42 | 684 | F | 15/11/14 | COAST Grand Prix | Aberdeen | Warrender Ba | 1 |
| 4:21.22 | 694 | Н | 15/11/14 | COAST Grand Prix | Aberdeen | Warrender Ba | 1 |
| 4:22.39 | 684 | F | 02/11/14 | East District Age Group Championships | Fife | Warrender Ba | 2 |
| 4:32.76 | 609 | F | 12/10/14 | Warrender Championships | Glenrothes | Warrender Ba | 2 |
| 4:39.84 Copyright 2024 | 564 4 | | 03/11/13 | East District Age Group Championships | Glenrothes | Warrender Ba Powered By SPORTS | 1 SYSTEM |

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|---------|-----|---|----------|--|-------------|--------------|------------|
| 4:38.34 | 573 | F | 25/05/13 | Alloa ASC Open Meet | Alloa | Warrender Ba | 2 |
| 4:45.82 | 529 | | 04/11/12 | East District Age Group Championships | Bathgate | Warrender Ba | 1 |
| 4:45.90 | 529 | F | 16/06/12 | East Lothian Distance Meet | Prestonpans | Warrender Ba | 2 |
| 4:59.65 | 459 | | 06/11/11 | SASA East District Age Groups November Leg | Glenrothes | Warrender Ba | 1 |
| 5:06.39 | 430 | | 18/06/11 | Aquanauts Livingston 10th Graded Meet | Bathgate | Warrender Ba | 2 |

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