

Individual Best Times (All Time)

Scott Lilburn - (748654) - Falkirk 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
4:26.18	507	F	15/02/15	Sharks Open Meet	Bellshill	Falkirk	2
4:27.02	502	F	21/02/16	FIRST Inter-Club Time Trial	Grangemouth	Falkirk	2
4:27.77	498	H	16/11/14	COAST Grand Prix	Aberdeen		1
4:28.87	491	F	29/11/15	Dumfries Advent Meet	Bellshill	Falkirk	2
4:29.88	486		09/01/16	FIRST Open Meet 2016	Bathgate	F.I.R.S.T.	2
4:30.06	485	F	01/02/14	North Ayrshire 200 Meet	Auchenharvie	Falkirk	2
4:30.93	480	F	26/10/13	Dundee Aquatics Autumn Open Meets	Dundee	Falkirk	2
4:31.19	479	H	17/11/13	SASA North District Open & Grand Prix	Inverness	Falkirk	1
4:32.40	473	F	31/10/15	SASA West District SAG Championships	Grangemouth	Falkirk	1
4:33.92	465	F	13/12/13	Scottish National Short Course Open Meet	Edinburgh	Falkirk	1
4:37.66	446		20/04/13	F.I.R.S.T Open Meet	Dunfermline	Falkirk	2
4:39.05	440		17/11/12	2012 WD Short Course Championships JAG	Cumbernauld	Falkirk	1
4:39.17	439	F	02/02/13	North Ayrshire ASC 200 Meet	Auchenharvie	Falkirk	2
4:45.45	411		21/04/12	FIRST Open Meet	Dunfermline	Falkirk	2
4:50.42	390		12/05/12	SASA West District Group 3 Championships	Dumfries	Falkirk	1
4:52.42	382	F	11/02/12	North Ayrshire 200 Meet	Auchenharvie	Falkirk	2
4:54.10	375		19/11/11	West Disitric Group 6 Meet	Grangemouth	Falkirk	1
5:04.20	339	F	26/06/11	Alloa Open Meet	Alloa	Falkirk	2
5:12.04	314		14/05/11	SASA West District Group 3 Championships	Dumfries	Falkirk	1
5:32.37	260		21/11/10	West District Group 6	Grangemouth	Falkirk	1
5:42.79	237		02/10/10	Stirling Autumn Meet	Stirling	Falkirk	2
5:53.85	215	F	09/05/10	North Ayrshire Junior Meet	Ayr	Falkirk	2

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