

Individual Best Times (All Time)

Kirsty Griffiths - (752275) - City Of Glasgow Swim Team - 400 Individual Medley - 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
5:13.54	563	F	05/11/17	North District Open Championships 2017	Inverness	Co Glasgow	1
5:16.24	548	F	05/09/15	North Ayrshire Distance Meet	Stevenston	Co Glasgow	2
5:20.32	528	H	15/11/15	SASA North District Grand Prix 2015	Inverness	Co Glasgow	1
5:20.66	526	F	08/11/15	Ren 96 Open Meet	Linwood	Co Glasgow	2
5:20.92	525	F	08/01/17	FIRST Annual Open Meet 2017	Bathgate	Co Glasgow	2
5:21.13	524	H	13/12/15	Scottish National Short Course Meet	Edinburgh	Co Glasgow	1
5:24.45	508	F	01/11/15	SASA West District SAG Championships	Grangemouth	Co Glasgow	1
5:25.32	504	F	14/02/15	Sharks Open Meet	Bellshill	Hamilton	2
5:35.43	460	F	16/11/14	West District SC JAG Championships	Cumbernauld	Hamilton	1
5:51.00	401	F	15/02/14	Belshill Sharks Open Meet 2014	Belshill	Hamilton	2
5:52.17	397	F	17/11/13	SASA West District JAG SC Champs	Cumbernauld	Hamilton	1
6:08.16	347	F	25/05/13	Alloa ASC Open Meet	Alloa	Hamilton	2
6:19.64	317	F	16/02/13	Bellshill Sharks ASC Open Meet	Bellshill	Hamilton	2

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