

Individual Best Times (All Time)

Matthew Dwane - (756575) - Bo'ness ASC - 200 Backstroke - 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
2:47.87	249	F	24/06/17	Aquanauts Livingston 16th Annual Graded Meet	Livingston	Grangemouth	2
2:52.87	228	F	13/03/16	North Ayrshire 200 Meet	Auchenharvie		2
2:55.58	217	F	26/04/14	2014 Dumfries ASC Graded Meet	Dumfries	Falkirk	2
2:55.88	216	F	01/05/16	Dumfries & FIRST Spring Meet	Bellshill	F.I.R.S.T.	2
2:56.33	214		24/01/15	FIRST Open Meet	Bathgate	F.I.R.S.T.	2
2:57.93	209	F	14/02/15	Sharks Open Meet	Bellshill	Falkirk	2
2:58.70	206	F	25/10/15	Alloa Graded Meet 2015	Alloa	Grangemouth	2
2:58.73	206	F	25/05/14	Alloa ASC Open Meet	Alloa	Falkirk	2
3:02.33	194	F	02/02/14	North Ayrshire 200 Meet	Auchenharvie	Falkirk	2
3:03.53	190	F	15/02/14	Belshill Sharks Open Meet 2014	Belshill	Falkirk	2
3:03.74	189	F	30/05/15	Rascals Graded Meet 2015	Bellshill	Falkirk	2
3:03.74	189	F	30/05/15	Rutherglen Rascals Graded Meet	Bellshill	Falkirk	2
3:03.75	189		01/06/14	INCAS Distance Meet 2014	Dunfermline	Falkirk	2
3:04.26	188	F	20/09/14	Stirling Autumn Meet	Stirling	Falkirk	2
3:08.21	176	F	29/11/14	Cumbernauld Winter Open Meet	Cumbernauld	Falkirk	2
3:09.35	173		20/04/13	F.I.R.S.T Open Meet	Dunfermline	Falkirk	2
3:09.86	172	F	27/04/13	Dumfries Graded Meet 2013	Dumfries	Falkirk	2
3:10.19	171	F	04/05/14	Carnegie So Long Meet	Dunfermline	Falkirk	2
3:11.08	168	F	30/11/13	Dumfries Advent Open Meet	Dumfries	Falkirk	2
3:11.34	168		18/05/13	Swim West Lothian IM Tough 2013	Bathgate	Falkirk	2
3:11.76	167	F	22/12/12	Carnegie Open Winter Meet	Dunfermline	Falkirk	2
3:11.92	166	F	17/11/13	SASA West District JAG SC Champs	Cumbernauld	Falkirk	1
3:12.52	165	F	09/06/13	Dumfries Open Meet	Dumfries	Falkirk	2
3:14.92	159	F	03/02/13	North Ayrshire ASC 200 Meet	Auchenharvie	Falkirk	2
3:17.22	153		24/11/12	Falkirk Otter FIRST Graded Meet 2012	Falkirk	Falkirk	2
3:17.91	152	F	12/02/12	North Ayrshire 200 Meet	Auchenharvie	Falkirk	2
3:18.11	148		27/05/12	Incas Distance Gala 2012	Glasgow	Falkirk	2

3:19.11	149	27/05/12	Incas Distance Gala 2012	Glenrothes	Falkirk	
3:34.13	120	18/06/11	Aquanauts Livingston 10th Graded Meet	Bathgate	Falkirk	2

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