

Individual Best Times (All Time)

Matthew Dwane - (756575) - Bo'ness ASC - 200 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
2:46.84	283	F	25/11/17	Dumfries ASC Advent Open 2017	Dumfries	Grangemouth	2
2:47.95	278	F	28/01/18	Grangemouth MAGS 2018	Grangemouth	Grangemouth	2
2:49.77	269	F	24/06/17	Aquanauts Livingston 16th Annual Graded Meet	Livingston	Grangemouth	2
2:50.30	266	F	29/04/17	Dumfries Spring Graded Meet 2017	Dumfries	Grangemouth	2
2:51.07	263		25/03/17	Falkirk Extended Mini Meet Gala	Falkirk	Grangemouth	2
2:57.58	235	F	22/05/16	Alloa May Meet	Stirling	Grangemouth	2
2:59.38	228	F	29/11/15	Dumfries Advent Meet	Bellshill	Grangemouth	2
3:00.30	224	F	12/03/16	North Ayrshire 200 Meet	Auchenharvie		2
3:02.31	217		29/03/14	Falkirk Otter Extended Graded Meet	Grangemouth	Falkirk	3
3:02.61	216		29/03/15	Falkirk Extended Mini Meet	Grangemouth	Falkirk	2
3:03.04	214		24/01/15	FIRST Open Meet	Bathgate	F.I.R.S.T.	2
3:03.07	214	F	29/11/14	Cumbernauld Winter Open Meet	Cumbernauld	Falkirk	2
3:03.84	212	F	01/05/16	Dumfries & FIRST Spring Meet	Bellshill	F.I.R.S.T.	2
3:04.41	210	F	25/06/16	Aquanauts Livingston Meet	Livingston	Grangemouth	2
3:04.92	208	F	17/01/15	Carnegie Graded Meet	Dunfermline	Falkirk	2
3:05.08	207	F	24/05/14	Alloa ASC Open Meet	Alloa	Falkirk	2
3:05.72	205	F	08/06/14	Stirling Junior Open Meet	Stirling	Falkirk	2
3:06.55	202		23/03/14	Warrender Junior Age Group Meet	Prestonpans	Falkirk	2
3:06.97	201	F	25/04/15	Dumfries Spring Splash Graded Meet	Dumfries	Falkirk	2
3:07.42	200	F	04/05/14	Carnegie So Long Meet	Dunfermline	Falkirk	2
3:10.85	189	F	18/01/14	Carnegie Graded Meet	Dunfermline	Falkirk	2
3:17.99	169	F	20/09/14	Stirling Autumn Meet	Stirling	Falkirk	2
3:20.12	164		18/05/13	Swim West Lothian IM Tough 2013	Bathgate	Falkirk	2
3:23.10	157	F	27/04/13	Dumfries Graded Meet 2013	Dumfries	Falkirk	2
3:26.72	149	F	08/06/13	Dumfries Open Meet	Dumfries	Falkirk	2
3:26.91	148		26/05/12	Incas Distance Gala 2012	Glenrothes	Falkirk	2
3:27.07	147		24/11/10	Falkirk Otter FIRST Graded Meet 2010	Falkirk	Falkirk	2

3:27.90	146		20/04/13	F.I.R.S.T Open Meet	Dunfermline	Falkirk	2
3:30.68	140	F	26/04/14	2014 Dumfries ASC Graded Meet	Dumfries	Falkirk	2
3:31.12	140	F	27/10/12	Alloa Graded Meet	Alloa	Falkirk	2
3:52.50	104		19/06/11	Aquanauts Livingston 10th Graded Meet	Bathgate	Falkirk	2

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