

Individual Best Times (All Time)

Matthew Dwane - (756575) - Bo'ness ASC - 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
6:17.00	241	F	13/03/16	North Ayrshire 200 Meet	Auchenharvie		2
6:19.55	236	F	31/05/15	Rascals Graded Meet 2015	Bellshill	Falkirk	2
6:19.55	236	F	31/05/15	Rutherglen Rascals Graded Meet	Bellshill	Falkirk	2
6:24.04	228	F	14/11/15	SASA West District JAG Championships	Cumbernauld	Grangemouth	1
6:29.35	219	F	15/11/14	West District SC JAG Championships	Cumbernauld	Falkirk	1
6:31.17	216	F	03/05/14	Carnegie So Long Meet	Dunfermline	Falkirk	2
6:32.99	213	F	28/11/15	Dumfries Advent Meet	Bellshill	Grangemouth	2
6:36.36	207	F	30/11/13	Dumfries Advent Open Meet	Dumfries	Falkirk	2
6:52.36	184	F	16/11/13	SASA West District JAG SC Champs	Cumbernauld	Falkirk	1
6:55.86	180		19/05/13	Swim West Lothian IM Tough 2013	Bathgate	Falkirk	2
7:02.43	171	F	08/06/13	Dumfries Open Meet	Dumfries	Falkirk	2
7:24.01	147		27/05/12	Incas Distance Gala 2012	Glenrothes	Falkirk	2
7:25.20	146		24/11/12	Falkirk Otter FIRST Graded Meet 2012	Falkirk	Falkirk	2
7:26.35	145	F	27/04/14	2014 Dumfries ASC Graded Meet	Dumfries	Falkirk	2

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