

# Individual Best Times (All Time)

Matthew Dwane - (756575) - Bo'ness 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
4:57.98	361	F	24/06/17	Aquanauts Livingston 16th Annual Graded Meet	Livingston	Grangemouth	2
5:01.03	350	F	27/10/18	2018 WD SC Senior Age Group Championships	Tollcross	Grangemouth	2
5:06.22	332		25/03/17	Falkirk Extended Mini Meet Gala	Falkirk	Grangemouth	2
5:10.12	320	F	25/06/16	Aquanauts Livingston Meet	Livingston	Grangemouth	2
5:13.26	311	F	12/03/16	North Ayrshire 200 Meet	Auchenharvie		2
5:13.60	310	F	01/05/16	Dumfries & FIRST Spring Meet	Bellshill	F.I.R.S.T.	2
5:14.82	306	F	11/06/16	Open Age Group and Senior Meet 2016	Cumbernauld	Grangemouth	2
5:18.11	297	F	26/04/15	Dumfries Spring Splash Graded Meet	Dumfries	Falkirk	2
5:18.11	297		27/03/16	Falkirk Extended Mini Meet Gala	Grangemouth	Grangemouth	2
5:18.31	296	F	21/02/16	FIRST Inter-Club Time Trial	Grangemouth	Grangemouth	2
5:20.47	290	F	13/06/15	Open Age Group and Senior Meet 2015	Glasgow	Falkirk	2
5:21.97	286	F	04/05/14	Carnegie So Long Meet	Dunfermline	Falkirk	2
5:22.57	284		29/03/14	Falkirk Otter Extended Graded Meet	Grangemouth	Falkirk	3
5:23.50	282	F	25/05/14	Alloa ASC Open Meet	Alloa	Falkirk	2
5:24.21	280	F	30/05/15	Rascals Graded Meet 2015	Bellshill	Falkirk	2
5:24.21	280	F	30/05/15	Rutherglen Rascals Graded Meet	Bellshill	Falkirk	2
5:24.87	278	F	18/01/15	Carnegie Graded Meet	Dunfermline	Falkirk	2
5:24.93	278		01/06/14	INCAS Distance Meet 2014	Dunfermline	Falkirk	2
5:26.27	275	F	26/04/14	2014 Dumfries ASC Graded Meet	Dumfries	Falkirk	2
5:27.99	270		24/01/15	FIRST Open Meet	Bathgate	F.I.R.S.T.	2
5:29.29	267	F	19/01/14	Carnegie Graded Meet	Dunfermline	Falkirk	2
5:29.87	266	F	09/06/13	Dumfries Open Meet	Dumfries	Falkirk	2
5:32.54	260	F	16/02/14	Belshill Sharks Open Meet 2014	Belshill	Falkirk	2
5:32.70	259	F	30/11/13	Dumfries Advent Open Meet	Dumfries	Falkirk	2
5:36.99	249	F	15/02/15	Sharks Open Meet	Bellshill	Falkirk	2
5:38.44	246	F	16/11/13	SASA West District JAG SC Champs	Cumbernauld	Falkirk	1
5:39.05	245		18/05/13	Swim Meet Ladies IM Tough 2013	Bathgate	Falkirk	2

5:36.99	249		18/05/13	Swim West Lothian IM Tough 2013	Bathgate	Falkirk	
5:41.79	239		27/05/12	Incas Distance Gala 2012	Glenrothes	Falkirk	2
5:42.68	237		20/04/13	F.I.R.S.T Open Meet	Dunfermline	Falkirk	2
5:44.38	234		17/11/12	2012 WD Short Course Championships JAG	Cumbernauld	Falkirk	1
5:45.36	232		12/05/12	SASA West District Group 3 Championships	Dumfries	Falkirk	1
5:47.62	227		24/11/12	Falkirk Otter FIRST Graded Meet 2012	Falkirk	Falkirk	2
5:48.17	226	F	27/04/13	Dumfries Graded Meet 2013	Dumfries	Falkirk	2
6:32.06	158		19/06/11	Aquanuts Livingston 10th Graded Meet	Bathgate	Falkirk	2

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