

# Individual Best Times (All Time)

Matthew Dwane - (756575) - Bo'ness ASC - 200 Breaststroke - 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
3:10.28	251	F	25/11/17	Dumfries ASC Advent Open 2017	Dumfries	Grangemouth	2
3:12.86	241	F	24/06/17	Aquanauts Livingston 16th Annual Graded Meet	Livingston	Grangemouth	2
3:19.67	217	F	10/02/18	Bellshill Sharks Open Meet	Sir Matt Busby Pool	Grangemouth	2
3:29.84	187	F	28/11/15	Dumfries Advent Meet	Bellshill	Grangemouth	2
3:33.79	177	F	25/06/16	Aquanauts Livingston Meet	Livingston	Grangemouth	2
3:36.65	170	F	29/11/14	Cumbernauld Winter Open Meet	Cumbernauld	Falkirk	2
3:43.70	154	F	25/10/15	Alloa Graded Meet 2015	Alloa	Grangemouth	2
3:44.77	152	F	31/05/15	Rascals Graded Meet 2015	Bellshill	Falkirk	2
3:44.77	152	F	31/05/15	Rutherglen Rascals Graded Meet	Bellshill	Falkirk	2
4:02.34	121		24/11/12	Falkirk Otter FIRST Graded Meet 2012	Falkirk	Falkirk	2
4:03.76	119	F	23/06/13	East Lothian Distance Meet	Prestonpans	Falkirk	2
4:05.23	117	F	28/10/12	Alloa Graded Meet	Alloa	Falkirk	2
4:07.98	113	F	08/06/13	Dumfries Open Meet	Dumfries	Falkirk	2

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:19.67	217	F	10/02/18	Bellshill Sharks Open Meet	Sir Matt Busby Pool	Grangemouth	2
3:10.28	251	F	25/11/17	Dumfries ASC Advent Open 2017	Dumfries	Grangemouth	2
3:12.86	241	F	24/06/17	Aquanauts Livingston 16th Annual Graded Meet	Livingston	Grangemouth	2
3:33.79	177	F	25/06/16	Aquanauts Livingston Meet	Livingston	Grangemouth	2
3:29.84	187	F	28/11/15	Dumfries Advent Meet	Bellshill	Grangemouth	2
3:43.70	154	F	25/10/15	Alloa Graded Meet 2015	Alloa	Grangemouth	2
3:44.77	152	F	31/05/15	Rascals Graded Meet 2015	Bellshill	Falkirk	2
3:44.77	152	F	31/05/15	Rutherglen Rascals Graded Meet	Bellshill	Falkirk	2
3:36.65	170	F	29/11/14	Cumbernauld Winter Open Meet	Cumbernauld	Falkirk	2
4:03.76	119	F	23/06/13	East Lothian Distance Meet	Prestonpans	Falkirk	2

4:07.98	113	F	08/06/13	Dumfries Open Meet	Dumfries	Falkirk	2
4:02.34	121		24/11/12	Falkirk Otter FIRST Graded Meet 2012	Falkirk	Falkirk	2
4:05.23	117	F	28/10/12	Alloa Graded Meet	Alloa	Falkirk	2