

# Individual Best Times (All Time)

Kara Gillan - (756981) - Bridge of Don 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 |
|---------|--------|-------|----------|------------------------------------|-----------|-----------------|-------|
| 5:31.29 | 340    | F     | 24/06/17 | ND Development Meet 2017           | Inverness | Bridge O Don    | 2     |
| 5:33.30 | 334    | F     | 23/06/18 | ND Development Meet 2018           | Inverness | Bridge O Don    | 2     |
| 5:34.22 | 331    | F     | 06/05/17 | Westhill Invitational Meet 2017    | Westhill  | Bridge O Don    | 2     |
| 5:54.49 | 277    | F     | 11/09/16 | Cults Otters Challenge Trophy 2016 | Aberdeen  | Bridge O Don    | 2     |
| 6:08.23 | 247    | F     | 17/04/16 | COAST Development Round 2          | Aberdeen  | Bridge O Don    | 2     |
| 6:20.33 | 224    | F     | 06/09/15 | Cults Otters Challenge Trophy      | Aberdeen  | Bridge O Don    | 2     |
| 6:31.30 | 206    | F     | 19/04/15 | COAST Development Meet Round 2     | Aberdeen  | Bridge O Don    | 2     |

## Swims in Date Order

| Time    | WA Pts | Round | Date     | Meet                               | Venue     | Club Swam Under | Level |
|---------|--------|-------|----------|------------------------------------|-----------|-----------------|-------|
| 5:33.30 | 334    | F     | 23/06/18 | ND Development Meet 2018           | Inverness | Bridge O Don    | 2     |
| 5:31.29 | 340    | F     | 24/06/17 | ND Development Meet 2017           | Inverness | Bridge O Don    | 2     |
| 5:34.22 | 331    | F     | 06/05/17 | Westhill Invitational Meet 2017    | Westhill  | Bridge O Don    | 2     |
| 5:54.49 | 277    | F     | 11/09/16 | Cults Otters Challenge Trophy 2016 | Aberdeen  | Bridge O Don    | 2     |
| 6:08.23 | 247    | F     | 17/04/16 | COAST Development Round 2          | Aberdeen  | Bridge O Don    | 2     |
| 6:20.33 | 224    | F     | 06/09/15 | Cults Otters Challenge Trophy      | Aberdeen  | Bridge O Don    | 2     |
| 6:31.30 | 206    | F     | 19/04/15 | COAST Development Meet Round 2     | Aberdeen  | Bridge O Don    | 2     |