

Individual Best Times (All Time)

Heather Lees - (787558) - City Of Glasgow Swim Team - 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
5:16.95	545	F	13/02/16	Sharks Open Meet	Bellshill	Co Glasgow	1
5:18.43	537	H	11/12/16	Scottish National Short Course Championships	Edinburgh	Co Glasgow	1
5:24.80	506	F	01/02/14	North Ayrshire 200 Meet	Auchenharvie	Falkirk	2
5:25.57	503	F	13/06/15	ELST Distance Meet 2015	Mercat Gait	Falkirk	2
5:28.33	490	F	15/12/13	Scottish National Short Course Open Meet	Edinburgh	Falkirk	1
5:30.05	482	F	26/10/14	Dundee City Aquatics Meet	Dundee	Falkirk	2
5:30.98	478	F	03/11/13	SASA West District SC SAG	Dumfries	Falkirk	1
5:32.46	472	F	02/11/14	SASA West District SAG Championships	Ayr	Falkirk	1
5:35.76	458	F	26/05/13	Alloa ASC Open Meet	Alloa	Falkirk	2
6:07.06	351		19/05/12	Swim West Lothian - IM Tough	Bathgate	Falkirk	2
6:29.78	293		19/06/11	Aquanuts Livingston 10th Graded Meet	Bathgate	Falkirk	2

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