

Individual Best Times (All Time)

James Macdonald - (801040) - Warrender Baths Club - 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
4:27.03	679	F	09/12/18	Scottish National Short Course Open Swimming	Edinburgh	Warrender Ba	2
4:29.18	663	H	09/12/18	Scottish National Short Course Open Swimming	Edinburgh	Warrender Ba	2
4:34.72	624	F	04/11/17	North District Open Championships 2017	Inverness	Warrender Ba	1
4:35.58	618	F	26/11/17	EDAG 17 Round 1	Michael Woods Centre	Warrender Ba	2
4:36.28	613	F	23/09/17	Scottish National Team Champs 2017	Aberdeen	Warrender Ba	1
4:37.20	607	H	11/12/16	Scottish National Short Course Championships	Edinburgh	Warrender Ba	1
4:39.38	593	F	08/10/17	WBC Championships 2017	Michael Woods Centre	Warrender Ba	2
4:48.91	536	F	25/11/18	East District Age Group Championships round 1	Michael Woods Centre	Warrender Ba	2
4:51.55	522	H	13/12/15	Scottish National Short Course Meet	Edinburgh		1
4:56.72	495	F	07/11/15	East District Age Group Championships	Glenrothes	Warrender Ba	1
5:05.33	454	F	11/10/15	WBC Club Championships 2015 Weekend	Glenrothes	Warrender Ba	2
5:09.38	437	F	02/11/14	East District Age Group Championships	Fife	Warrender Ba	2
5:14.82	414	F	15/02/15	Sharks Open Meet	Bellshill	Warrender Ba	2
5:19.95	395		27/04/14	Midlothian Spring Meet	Presonpans	Warrender Ba	2
5:20.27	394		18/05/14	Swim West Lothian IM Tough Meet 2014	Bathgate	Warrender Ba	2
5:38.72	333		03/11/13	East District Age Group Championships	Glenrothes	Warrender Ba	1
5:40.82	327		09/06/13	InCas Distance Meet	Dunfermline	Warrender Ba	2
5:43.52	319	F	26/05/13	Alloa ASC Open Meet	Alloa	Warrender Ba	2
5:44.66	316	F	04/05/13	Carnegie So Long Meet	Dunfermline	Warrender Ba	2
6:04.52	267		04/03/12	East District Challenge Meet	Glenrothes	Warrender Ba	1

Swims in Date Order

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4:27.03	679	F	09/12/18	Scottish National Short Course Open Swimming	Edinburgh	Warrender Ba	2
4:29.18	663	H	09/12/18	Scottish National Short Course Open Swimming	Edinburgh	Warrender Ba	2
4:48.91	536	F	25/11/18	East District Age Group Championships round 1	Michael Woods Centre	Warrender Ba	2

4:35.58	618	F	26/11/17	EDAG 17 Round 1	Michael Woods Centre	Warrender Ba	2
4:34.72	624	F	04/11/17	North District Open Championships 2017	Inverness	Warrender Ba	1
4:39.38	593	F	08/10/17	WBC Championships 2017	Michael Woods Centre	Warrender Ba	2
4:36.28	613	F	23/09/17	Scottish National Team Champs 2017	Aberdeen	Warrender Ba	1
4:37.20	607	H	11/12/16	Scottish National Short Course Championships	Edinburgh	Warrender Ba	1
4:51.55	522	H	13/12/15	Scottish National Short Course Meet	Edinburgh		1
4:56.72	495	F	07/11/15	East District Age Group Championships	Glenrothes	Warrender Ba	1
5:05.33	454	F	11/10/15	WBC Club Championships 2015 Weekend	Glenrothes	Warrender Ba	2
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