

Individual Best Times (All Time)

Alasdair Dunse - (811586) - Livingston & District Dolphins - 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
5:03.68	462	F	26/11/17	EDAG 17 Round 1	Michael Woods Centre	Livingston	2
5:08.32	441	F	20/02/16	Carnegie Open Spring AG Meet	Glenrothes	Livingston	2
5:12.86	422	F	31/10/15	East District Age Group Championships	Glenrothes	Livingston	1
5:12.91	422	F	27/11/16	East District Age Groups Championships	Glenrothes	Livingston	1
5:19.06	398	F	30/10/16	Carnegie Winter Open Meet	Glenrothes	Livingston	2
5:59.68	278		18/05/14	Swim West Lothian IM Tough Meet 2014	Bathgate		2
6:12.57	250	F	03/05/14	Carnegie So Long Meet	Dunfermline	Livingston	2

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