

Individual Best Times (All Time)

Michael Strang - (865469) - Burntisland 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
4:28.96	491	F	09/06/19	East Lothian Distance Meet	Mercat Gait	Carnegie	2
4:29.72	487	F	26/05/19	InCAS Distance Meet	Michael Woods Centre	Carnegie	2
4:31.09	479	F	23/11/19	East District Age Groups round 2	Michael Woods Centre	Carnegie	2
4:31.35	478	F	27/10/19	Carnegie Winter Open Meet 2019	Michael Woods	Carnegie	2

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:31.09	479	F	23/11/19	East District Age Groups round 2	Michael Woods Centre	Carnegie	2
4:31.35	478	F	27/10/19	Carnegie Winter Open Meet 2019	Michael Woods	Carnegie	2
4:28.96	491	F	09/06/19	East Lothian Distance Meet	Mercat Gait	Carnegie	2
4:29.72	487	F	26/05/19	InCAS Distance Meet	Michael Woods Centre	Carnegie	2