

Individual Best Times (All Time)

Daniel Penman - (895415) - Inverleith - 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
4:47.62	401	F	16/09/18	Haddington 100s Meet	Mercat Gait	Inverleith	2
4:47.71	401	F	24/11/18	East District Age Group Championships round 1	Michael Woods Centre	Inverleith	2
4:49.30	394	F	25/11/17	EDAG 17 Round 1	Michael Woods Centre	Inverleith	2
4:53.83	376	F	21/10/17	Carnegie 140th Anniversary Meet	Dunfermline	Inverleith	2
4:53.90	376	F	17/09/17	Haddington 100s Meet	Haddington	Inverleith	2
4:54.79	373	F	28/10/17	East District Time Trial	Xcite Leisure Centre	Inverleith	2
5:02.46	345	F	11/06/17	ELST Distance Meet	Mercat Gait	Inverleith	2
5:15.78	303	F	14/06/15	ELST Distance Meet 2015	Mercat Gait	Inverleith	2
5:19.30	293	F	16/05/15	Swim West Lothian IM Tough 2015	West Lothian	Inverleith	2
5:19.93	291	F	20/09/15	Haddington 100 Meet	Prestonpans	Inverleith	2
5:26.89	273	F	18/01/15	Carnegie Graded Meet	Dunfermline	Inverleith	2
5:27.22	272	F	01/11/14	East District Age Group Championships	Fife	Inverleith	2
5:31.50	262	F	22/06/14	East Lothian Distance Meet	Mercat Gait	Inverleith	2
5:33.14	258	F	14/09/14	Haddington 100's Meet	Mercat Gait	Inverleith	2

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