

Individual Best Times (All Time)

Adam Millar - (900188) - Glasgow University 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
5:10.13	434	F	15/06/19	T L Dallas Midsummer Meet 2019	Clickimin	Shetland	2
5:11.68	427	F	10/06/17	T L Dallas Midsummer Meet 2017	Clickimin	Shetland	2
5:12.57	423	H	06/07/19	Natwest International Island Games XVIII	Gibraltar		2
5:12.57	423	H	09/07/19	Natwest International Island Games XVIII	Gibraltar		2
5:13.00	422	F	26/11/17	ND Age Group Meet 2017	Inverness	Shetland	2
5:13.26	421	F	03/11/18	North District Open Championships 2018	Aberdeen	Shetland	2
5:13.74	419	F	17/09/17	Shetland Time Trials 2	Shetland	Shetland	2
5:17.64	403	F	16/09/18	Shetland distance time trial 2 2018	Clickimin	Shetland	2
5:19.81	395	F	27/11/16	North District Age Group Meet 2016	Inverness	Lerwick	2
5:20.82	392	H	11/07/23	NatWest International Island Games XIX	Guernsey		2
5:23.91	380	H	19/11/22	BUCS Short Course 2022-23	Sheffield		2
5:26.94	370	F	11/06/16	J.W.Gray & Co Midsummer Meet 2016	Clickimin	Shetland	2
5:39.10	332	F	13/06/15	Lerwick Midsummer Meet 2015	Clickimin	Shetland	3
5:39.37	331	F	29/11/15	GTS Direct Winter Meet	Lerwick	Shetland	2
5:44.35	317	F	24/01/16	SASA North District Age Group Meet 2016	Inverness	Lerwick	2
6:01.60	273	F	29/11/14	SASA North District Age Group Meet	Inverness	South Main	1
6:22.40	231	F	07/06/14	Lerwick ASC Midsummer Meet	Clickimin	South Main	2
6:40.47	201	F	19/04/14	Buckie ASC Age Group Meet	Buckie	South Main	2

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:20.82	392	H	11/07/23	NatWest International Island Games XIX	Guernsey		2
5:23.91	380	H	19/11/22	BUCS Short Course 2022-23	Sheffield		2
5:12.57	423	H	09/07/19	Natwest International Island Games XVIII	Gibraltar		2
5:12.57	423	H	06/07/19	Natwest International Island Games XVIII	Gibraltar		2
5:10.13	434	F	15/06/19	T L Dallas Midsummer Meet 2019	Clickimin	Shetland	2

5:13.26	421	F	03/11/18	North District Open Championships 2018	Aberdeen	Shetland	2
5:17.64	403	F	16/09/18	Shetland distance time trial 2 2018	Clickimin	Shetland	2
5:13.00	422	F	26/11/17	ND Age Group Meet 2017	Inverness	Shetland	2
5:13.74	419	F	17/09/17	Shetland Time Trials 2	Shetland	Shetland	2
5:11.68	427	F	10/06/17	T L Dallas Midsummer Meet 2017	Clickimin	Shetland	2
5:19.81	395	F	27/11/16	North District Age Group Meet 2016	Inverness	Lerwick	2
5:26.94	370	F	11/06/16	J.W.Gray & Co Midsummer Meet 2016	Clickimin	Shetland	2
5:44.35	317	F	24/01/16	SASA North District Age Group Meet 2016	Inverness	Lerwick	2
5:39.37	331	F	29/11/15	GTS Direct Winter Meet	Lerwick	Shetland	2
5:39.10	332	F	13/06/15	Lerwick Midsummer Meet 2015	Clickimin	Shetland	3
6:01.60	273	F	29/11/14	SASA North District Age Group Meet	Inverness	South Main	1
6:22.40	231	F	07/06/14	Lerwick ASC Midsummer Meet	Clickimin	South Main	2
6:40.47	201	F	19/04/14	Buckie ASC Age Group Meet	Buckie	South Main	2