

# Individual Best Times (All Time)

Adam Millar - (900188) - Glasgow University Swim Team - 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
4:31.79	476	F	28/10/17	GTS Winter Meet 2017	Clickimin	Shetland	2
4:33.25	468	H	09/11/19	North District Open Championships 2019	Aberdeen	Shetland	2
4:34.55	462	F	17/11/18	GTS Winter Meet 2018	Clickimin	Shetland	2
4:35.43	457	F	08/09/19	Shetland Time Trial 1 2019	Clickimin	Shetland	2
4:36.08	454	F	03/11/18	North District Open Championships 2018	Aberdeen	Shetland	2
4:41.27	429	F	26/11/16	North District Age Group Meet 2016	Inverness	Lerwick	2
4:42.30	425	F	11/09/16	Shetland Distance Time Trials	Lerwick	Shetland	2
4:42.86	422	F	12/06/16	J.W.Gray & Co Midsummer Meet 2016	Clickimin	Shetland	2
4:44.32	416	F	11/06/17	T L Dallas Midsummer Meet 2017	Clickimin	Shetland	2
4:46.68	405	H	13/07/23	NatWest International Island Games XIX	Guernsey		2
4:50.47	390	F	17/06/23	Lerwick ASC Midsummer Meet 2023	Clickimin Pool		3
4:56.39	367	F	28/11/15	GTS Direct Winter Meet	Lerwick	Shetland	2
5:01.77	347	F	14/06/15	Lerwick Midsummer Meet 2015	Clickimin	Shetland	3
5:03.45	342	F	23/01/16	SASA North District Age Group Meet 2016	Inverness	Lerwick	2
5:47.63	227	F	20/04/14	Buckie ASC Age Group Meet	Buckie	South Main	2
5:48.60	225	F	08/06/14	Lerwick ASC Midsummer Meet	Clickimin	South Main	2
6:17.68	177	F	08/09/13	Cults Otters Bibby Offshore Challenge	Aberdeen	South Main	2

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:46.68	405	H	13/07/23	NatWest International Island Games XIX	Guernsey		2
4:50.47	390	F	17/06/23	Lerwick ASC Midsummer Meet 2023	Clickimin Pool		3
4:33.25	468	H	09/11/19	North District Open Championships 2019	Aberdeen	Shetland	2
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6:17.68	177	F	08/09/13	Cults Otters Bibby Offshore Challenge	Aberdeen	South Main	2