

Individual Best Times (All Time)

Sally Jack - (923410) - Warrender Baths Club - 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
4:54.59	484	F	27/11/16	East District Age Groups Championships	Glenrothes	Warrender Ba	1
5:12.06	407	F	07/11/15	East District Age Group Championships	Glenrothes	Warrender Ba	1
5:20.50	375	F	17/05/15	Swim West Lothian IM Tough 2015	West Lothian	Warrender Ba	2
5:32.32	337	F	02/11/14	East District Age Group Championships	Fife	Warrender Ba	2
5:39.06	317		04/10/14	SASA East District SC Time Trials	Prestonpans	Warrender Ba	2
5:39.73	315	F	12/10/14	Warrender Championships	Glenrothes	Warrender Ba	2

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