

Individual Best Times (All Time)

Scott Muirden - (941578) - Heart Of Midlothian ASC - 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 |
|---------|--------|-------|----------|--|----------------------|-----------------|-------|
| 5:10.74 | 431 | F | 26/11/17 | EDAG 17 Round 1 | Michael Woods Centre | Heart Of Mid | 2 |
| 5:16.53 | 408 | F | 22/10/17 | Carnegie 140th Anniversary Meet | Dunfermline | Heart Of Mid | 2 |
| 5:17.74 | 403 | F | 21/10/18 | East District Time Trials | Mercat Gait Centre | Heart Of Mid | 2 |
| 5:25.60 | 375 | F | 27/11/16 | East District Age Groups Championships | Glenrothes | Heart Of Mid | 1 |
| 5:26.72 | 371 | F | 09/06/18 | ELST Distance Meet | Mercat Gait | Heart Of Mid | 2 |
| 5:31.34 | 355 | F | 30/10/16 | Carnegie Winter Open Meet | Glenrothes | Heart Of Mid | 2 |
| 5:38.42 | 334 | F | 21/05/16 | Swim West Lothian IM Tough Meet | Livingston | Heart Of Mid | 2 |
| 5:39.19 | 331 | F | 31/10/15 | East District Age Group Championships | Glenrothes | Heart Of Mid | 1 |
| 6:13.19 | 249 | F | 02/05/15 | Carnegie So Long Meet | Glenrothes | Heart Of Mid | 2 |
| 6:13.19 | 249 | F | 02/05/15 | Carnegie So Long Meet | Dunfermline | Heart Of Mid | 2 |
| 7:01.08 | 173 | | 25/05/14 | Fife Performance 124 Meet | Dunfermline | Heart Of Mid | 2 |
| 7:01.25 | 173 | F | 02/03/14 | SASA East District Challenge 2014 | Bathgate | Heart Of Mid | 2 |

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7:01.25 173

F

02/03/14 SASA East District Challenge 2014

Bathgate

Heart Of Mid

2