

Individual Best Times (All Time)

Scott Muirden - (941578) - Heart Of Midlothian ASC - 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
4:28.59	493	F	25/02/18	Hearts pre SNAGs 18	Xcite	Heart Of Mid	2
4:30.18	484	F	21/10/17	Carnegie 140th Anniversary Meet	Dunfermline	Heart Of Mid	2
4:31.46	477	F	25/11/17	EDAG 17 Round 1	Michael Woods Centre	Heart Of Mid	2
4:32.14	474	F	24/11/18	East District Age Group Championships round 1	Michael Woods Centre	Heart Of Mid	2
4:32.19	474	F	20/10/18	East District Time Trials	Mercat Gait Centre	Heart Of Mid	2
4:33.16	469	F	28/10/18	Carnegie Winter Open Meet 2018	Michael Woods Centre	Heart Of Mid	2
4:38.02	444	F	26/11/16	East District Age Groups Championships	Glenrothes	Heart Of Mid	1
4:42.54	423	F	22/01/17	Carnegie Graded Meet	Dunfermline	Heart Of Mid	2
4:46.74	405	F	29/10/16	Carnegie Winter Open Meet	Glenrothes	Heart Of Mid	2
4:48.16	399	F	31/10/15	East District Age Group Championships	Glenrothes	Heart Of Mid	1
4:49.14	395	F	12/06/16	ELST Distance Meet 2016	Mercat Gait	Heart Of Mid	2
4:52.50	382	F	21/05/16	Swim West Lothian IM Tough Meet	Livingston	Heart Of Mid	2
5:05.98	333	F	16/05/15	Swim West Lothian IM Tough 2015	West Lothian	Heart Of Mid	2
5:07.59	328	F	18/01/15	Carnegie Graded Meet	Dunfermline	Heart Of Mid	2
5:09.13	323	F	14/06/15	ELST Distance Meet 2015	Mercat Gait	Heart Of Mid	2
5:12.01	314	F	01/11/14	East District Age Group Championships	Fife	Heart Of Mid	2
5:29.83	266		24/05/14	Fife Performance 124 Meet	Dunfermline	Heart Of Mid	2
5:29.84	266	F	04/05/14	Carnegie So Long Meet	Dunfermline	Heart Of Mid	2
5:44.48	233	F	19/01/14	Carnegie Graded Meet	Dunfermline	Heart Of Mid	2
5:50.35	222	F	27/10/13	Alloa Graded Meet	Alloa	Heart Of Mid	2
6:39.44	150	F	02/03/13	SASA East District Challenge	Bathgate	Heart Of Mid	2

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