

Individual Best Times (All Time)

Daisy Degen - (1116252) - Staines Swimming Club - 400 Freestyle - Long 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
4:44.76	564	H	14/05/17	ASA South East Region Championships 2017	Crawley	Staines	1
4:44.96	563	F	04/08/17	Swim Wales Summer Nationals	Swansea	Staines	1
4:45.17	562	F	30/07/19	Swim Wales Summer Nationals	Swansea	Staines	1
4:47.95	546	F	25/03/17	MCASA Open Meet	London	Staines	1
4:49.09	539	F	06/04/19	Guildford City Level 1 Spring Open Meet	Surrey Sports Park	Staines	1
4:50.45	532	F	09/02/20	The 2020 Middlesex County Championships	London	Staines	1
4:57.03	497	F	10/03/18	WDSC Long Course Premier Open Meet	Wycombe	Staines	1
4:57.51	495	F	03/08/18	Swim Wales Summer Nationals	Swansea	Staines	1
5:00.81	479	F	19/11/17	Team Bath AS Autumn Level 1 & Level 3 Open Meet	Hengrove	Staines	1
5:02.50	471	F	27/01/18	MCASA 2018 County Age Group & Youth Championships	London	Staines	1
5:06.24	454	H	26/05/18	London Swimming 2018 Long Course Summer Open	London	Staines	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:50.45	532	F	09/02/20	The 2020 Middlesex County Championships	London	Staines	1
4:45.17	562	F	30/07/19	Swim Wales Summer Nationals	Swansea	Staines	1
4:49.09	539	F	06/04/19	Guildford City Level 1 Spring Open Meet	Surrey Sports Park	Staines	1
4:57.51	495	F	03/08/18	Swim Wales Summer Nationals	Swansea	Staines	1
5:06.24	454	H	26/05/18	London Swimming 2018 Long Course Summer Open	London	Staines	1
4:57.03	497	F	10/03/18	WDSC Long Course Premier Open Meet	Wycombe	Staines	1
5:02.50	471	F	27/01/18	MCASA 2018 County Age Group & Youth Championships	London	Staines	1
5:00.81	479	F	19/11/17	Team Bath AS Autumn Level 1 & Level 3 Open Meet	Hengrove	Staines	1
4:44.96	563	F	04/08/17	Swim Wales Summer Nationals	Swansea	Staines	1
4:44.76	564	H	14/05/17	ASA South East Region Championships 2017	Crawley	Staines	1
4:47.95	546	F	25/03/17	MCASA Open Meet	London	Staines	1