

# Individual Best Times (All Time)

Alicia Cole - (1117327) - Adwick (Doncaster) SC - 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
5:03.27	467	F	28/05/18	Plymouth Leander Level 1 National Qualifier	Plymouth	Donc Dartes	1
5:08.64	443	F	18/03/17	City of Cardiff Tiger Bay Open Meet 2017	Cardiff	Donc Dartes	3
5:13.07	424	H	15/04/18	City of Leeds National Qualifier 2018	Leeds	Donc Dartes	1
5:16.57	411	H	06/02/16	Yorkshire County Championships	Leeds	Donc Dartes	1
5:17.50	407	H	04/02/17	Yorkshire SA County Championships	Leeds	Donc Dartes	1
5:17.99	405	H	22/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	Donc Dartes	1
5:25.83	376	H	28/05/16	ASANER Regional Championships 2016	Sheffield	Donc Dartes	1
5:59.68	280	H	26/07/14	CO Sheffield Swim Squad End of Season Summer	Sheffield		3
6:15.06	247	H	15/02/14	Yorkshire SA County Championship	Leeds	Dearne Vall	1

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