

# Individual Best Times (All Time)

Iona Colbert - (1123221) - Edinburgh University - 400 Individual Medley - 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 |
|---------|--------|-------|----------|--|------------|-----------------|-------|
| 5:05.71 | 657    | F     | 14/03/20 | 2020 London Region Spring Open Meet                | London     | Arnold          | 1     |
| 5:05.80 | 657    | H     | 08/05/22 | SE East Midland Regional Long Course Championships | Sheffield  | Nova Cent'n     | 1     |
| 5:06.04 | 655    | F     | 08/05/22 | SE East Midland Regional Long Course Championships | Sheffield  | Nova Cent'n     | 1     |
| 5:14.93 | 601    | H     | 23/07/22 | British Summer Championships                       | Sheffield  | Nova Cent'n     | 1     |
| 5:19.25 | 577    | H     | 24/01/20 | 22nd Luxembourg Euro Meet 2020                     | Luxembourg | Nova Cent'n     | 1     |
| 5:23.65 | 554    | H     | 31/03/19 | City of Sheffield Swim Squad Premier Meet          | Sheffield  | Nova Cent'n     | 1     |
| 5:24.18 | 551    |       | 22/02/19 | McCullagh International Meet                       | Bangor     |                 | 1     |
| 5:25.11 | 546    |       | 22/02/19 | McCullagh International Meet                       | Bangor     |                 | 1     |
| 5:25.75 | 543    | H     | 11/05/19 | Nova Centurion May Level 1 LC Open Meet            | Nottingham | Nova Cent'n     | 1     |
| 5:28.59 | 529    | H     | 27/05/18 | DX 2nd Long Course Open Meet                       | Sheffield  | Grantham        | 1     |
| 5:30.28 | 521    | H     | 29/04/18 | Swim England East Midland Championships 2018       | Corby      | Grantham        | 1     |
| 5:30.28 | 521    | F     | 29/04/18 | Swim England East Midland Championships 2018       | Corby      | Grantham        | 1     |
| 5:30.87 | 518    | H     | 24/03/18 | City of Sheffield Swim Squad Premier Meet 2018     | Sheffield  | Grantham        | 1     |
| 5:59.11 | 405    | H     | 30/04/17 | ASA EM Region Age Group Champs 2017                | Corby      | Grantham        | 1     |

## Swims in Date Order

| Time    | WA Pts | Round | Date     | Meet   | Venue      | Club Swam Under | Level |
|---------|--------|-------|----------|--|------------|-----------------|-------|
| 5:14.93 | 601    | H     | 23/07/22 | British Summer Championships                       | Sheffield  | Nova Cent'n     | 1     |
| 5:06.04 | 655    | F     | 08/05/22 | SE East Midland Regional Long Course Championships | Sheffield  | Nova Cent'n     | 1     |
| 5:05.80 | 657    | H     | 08/05/22 | SE East Midland Regional Long Course Championships | Sheffield  | Nova Cent'n     | 1     |
| 5:05.71 | 657    | F     | 14/03/20 | 2020 London Region Spring Open Meet                | London     | Arnold          | 1     |
| 5:19.25 | 577    | H     | 24/01/20 | 22nd Luxembourg Euro Meet 2020                     | Luxembourg | Nova Cent'n     | 1     |
| 5:25.75 | 543    | H     | 11/05/19 | Nova Centurion May Level 1 LC Open Meet            | Nottingham | Nova Cent'n     | 1     |
| 5:23.65 | 554    | H     | 31/03/19 | City of Sheffield Swim Squad Premier Meet          | Sheffield  | Nova Cent'n     | 1     |
| 5:24.18 | 551    |       | 22/02/19 | McCullagh International Meet                       | Bangor     |                 | 1     |
| 5:25.11 | 546    |       | 22/02/19 | McCullagh International Meet                       | Bangor     |                 | 1     |

|         |     |   |          |  |           |          |   |
|---------|-----|---|----------|--|-----------|----------|---|
| 5:28.59 | 529 | H | 27/05/18 | DX 2nd Long Course Open Meet                   | Sheffield | Grantham | 1 |
| 5:30.28 | 521 | F | 29/04/18 | Swim England East Midland Championships 2018   | Corby     | Grantham | 1 |
| 5:30.28 | 521 | H | 29/04/18 | Swim England East Midland Championships 2018   | Corby     | Grantham | 1 |
| 5:30.87 | 518 | H | 24/03/18 | City of Sheffield Swim Squad Premier Meet 2018 | Sheffield | Grantham | 1 |
| 5:59.11 | 405 | H | 30/04/17 | ASA EM Region Age Group Champs 2017            | Corby     | Grantham | 1 |