Individual Best Times (All Time)

Iona Colbert - (1123221) - Edinburgh University - 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 |
|---------|--------|-------|----------|---|----------------|-----------------|-------|
| 4:44.25 | 567 | Н | 01/02/20 | Nottinghamshire ASA County Championships 2020 | Nottingham | Arnold | 1 |
| 4:57.19 | 496 | Н | 12/05/19 | Nova Centurion May Level 1 LC Open Meet | Nottingham | Nova Cent'n | 1 |
| 4:57.69 | 494 | Н | 28/04/18 | Swim England East Midland Championships 2018 | Corby | Grantham | 1 |
| 5:36.20 | 343 | Н | 22/04/17 | Poznan International Swimming Cup | Poznan, Poland | | 1 |

Swims in Date Order

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|---------|--------|-------|----------|---|----------------|-----------------|-------|--|
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