

Individual Best Times (All Time)

Rebecca Armstrong - (1131245) - Bor of Waltham Forest (Gators) - 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
5:30.40	521	H	19/03/17	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	Bo Waltham F	1
5:31.00	518	H	04/11/17	2017 London Swimming Regional Winter Champs	London	Bo Waltham F	1
5:33.52	506	H	13/05/17	2017 London Swimming Regional AG Champs	Stratford	Bo Waltham F	1
5:35.71	496	H	20/01/18	Essex Age Group Championships 2018	Basildon	Bo Waltham F	1
5:35.71	496	F	04/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	Bo Waltham F	1
5:36.37	493	H	12/05/18	2018 London Swimming Regional Summer Champs	Stratford	Bo Waltham F	1
5:36.71	492	H	28/10/17	Essex Senior Winter Championships 2017	Basildon	Bo Waltham F	1
5:38.44	484	H	21/01/17	Essex Age Group Championships 2017	Basildon	Bo Waltham F	1
5:38.44	484	H	21/01/17	Essex Age Group Championships	London	Bo Waltham F	1
5:38.44	484	H	21/01/17	Essex Age Group Championships 2017	Basildon	Bo Waltham F	1
5:43.19	464	H	21/05/16	London Region Summer Age Grp Championships	Crystal Palace	Bo Waltham F	1
5:44.46	459	H	20/02/16	Essex Age Group Championships 2016	Basildon	Bo Waltham F	1
5:55.53	418	H	26/03/16	Basildon & Phoenix Easter LC Meet 2016	Basildon	Bo Waltham F	1

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