

# Individual Best Times (All Time)

Rebecca Armstrong - (1131245) - Bor of Waltham Forest (Gators) - 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
4:52.56	520	H	19/05/18	2018 London Swimming Regional Summer Champs	Stratford	Bo Waltham F	1
4:54.90	508	H	20/05/17	2017 London Swimming Regional Age Group Champs	Crystal Palace	Bo Waltham F	1
4:54.90	508	H	04/11/17	2017 London Swimming Regional Winter Champs	London	Bo Waltham F	1
4:55.54	505	H	17/02/18	Essex Age Group Championships 2018	Basildon	Bo Waltham F	1
4:55.67	504	H	18/03/17	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	Bo Waltham F	1
4:56.86	498	H	29/10/17	Essex Senior Winter Championships 2017	Basildon	Bo Waltham F	1
4:57.62	494	H	18/02/17	Essex Age Group Championships 2017	Basildon	Bo Waltham F	1
4:58.76	489	F	06/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	Bo Waltham F	1
4:58.93	488	H	03/02/19	Essex Age Group Champs 2019	Basildon	Bo Waltham F	1
5:09.15	441	H	07/05/16	London Region Age Grp Summer Championships	Crystal Palace	Bo Waltham F	1
5:14.16	420	H	19/03/16	Rushmoor Royals L1 Spring National Qualifier	Aldershot	Bo Waltham F	1
5:14.73	418	H	23/01/16	Essex Age Group Championships 2016	Basildon	Bo Waltham F	1
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