# Individual Best Times (All Time)

**Grace King - (1132304) - - 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 |
|---|---|---|---|---|---|---|---|
| 5:11.93 | 619 | H | 05/05/19 | Swim England East Region Long Course Champs | Inspire Luton | teamipswich | 1 |
| 5:15.85 | 596 | H | 06/05/18 | East Swimming Long Course Championships 2018 | Norwich | teamipswich | 1 |
| 5:18.52 | 581 | H | 24/03/18 | Team Luton March Long Course Meet 2018 | Luton | teamipswich | 1 |
| 5:19.70 | 575 | H | 31/07/19 | Swim England National Summer Meet | Sheffield | teamipswich | 1 |
| 5:20.28 | 572 | H | 31/07/18 | Swim England National Summer Meet | Sheffield | teamipswich | 1 |
| 5:23.91 | 553 | H | 04/11/17 | East Region Winter Championships | Norwich | teamipswich | 1 |
| 5:29.05 | 527 | H | 13/05/17 | City of Sheffield No Frills Meet | Sheffield | teamipswich | 1 |
| 5:29.22 | 526 | H | 28/05/17 | ASA East Region Long Course Championships | Norwich | teamipswich | 1 |
| 5:44.14 | 461 | H | 29/05/16 | ASA East Region Long Course Championships | Luton | teamipswich | 1 |
| 5:53.73 | 424 | H | 14/05/16 | City of Sheffield Swim Squad No Frills Meet | Sheffield | teamipswich | 1 |

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