

Individual Best Times (All Time)

Jessica Spooner - (1145267) - Deepings SC - 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
4:52.85	519	H	28/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	Deepings	1
4:56.39	500	H	08/04/17	Derventio Excel 11th LC Open Meet	Sheffield	Deepings	1
4:58.94	488	H	14/04/18	Swim England East Midland Championships 2018	Sheffield	Deepings	1
4:59.51	485	H	13/05/17	Northampton 2017 Long Course Spring Festival	Corby	Deepings	1
5:02.41	471	H	17/12/16	Northampton Winter Festival	Corby	Deepings	3
5:05.98	455	H	14/05/16	Northampton 2016 Long Course Spring Festival	Corby	Deepings	1
5:06.68	452	H	30/01/16	Burns Open Meet 2016	Sheffield	Deepings	1
5:07.40	448	H	09/07/16	Northampton 2016 Long Course Summer Festival	Corby	Deepings	3

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