

Individual Best Times (All Time)

Sofia Allen - (1229998) - University of Nottingham SC - 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
5:22.20	561	F	14/03/20	2020 London Region Spring Open Meet	London	Nova Cent'n	1
5:42.00	469	H	21/05/16	Nova Centurion May Level 1 Long Course Open Meet	Nottingham	Chesterfield	1
5:59.01	406	H	16/05/15	Rotherham Metro Level One Long Course Meet	Sheffield	Chesterfield	1

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