

Individual Best Times (All Time)

Emma Allatt-File - (1234790) - Guildford City Swimming Club - 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
5:03.93	669	H	04/04/24	Speedo Aquatics GB Swimming Championships 2024	London	Guildford Ct	1
5:07.44	646	F	20/01/24	Surrey Age Group Championships 2024	Guildford		1
5:08.00	643	H	05/04/22	British Championships 2022	Sheffield	Guildford Ct	1
5:09.24	635	H	23/07/22	British Summer Championships	Sheffield	Guildford Ct	1
5:10.23	629	F	05/02/22	Surrey County Age Group Championships 2022	Guildford		1
5:11.75	620	F	05/04/22	British Championships 2022	Sheffield	Guildford Ct	1
5:17.62	586	F	30/04/23	SE South East Region Summer Championships 2023	Wycombe		1
5:18.35	582	F	27/01/23	23rd Luxembourg Euro Meet 2023	Luxembourg		1

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5:10.23	629	F	05/02/22	Surrey County Age Group Championships 2022	Guildford		1