

Individual Best Times (All Time)

Jessica Arundale - (1244879) - Barnet Copthall 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
5:11.50	621	F	05/08/22	Swim England National Summer Meet 2022	Sheffield	Barnet Copt	1
5:14.55	603	F	14/01/23	Middlesex County Championships 2023	London		1
5:14.63	603	F	06/08/23	Swim England National Summer Meet 2023	Sheffield	Barnet Copt	1
5:15.76	596	H	06/08/23	Swim England National Summer Meet 2023	Sheffield	Barnet Copt	1
5:15.89	596	H	05/08/22	Swim England National Summer Meet 2022	Sheffield	Barnet Copt	1
5:16.88	590	F	30/04/23	SE London Summer Championships 2023	Stratford		1
5:20.08	573	H	19/12/21	Northampton Swimming Club Winter Festival 2021	Corby	Barnet Copt	1
5:22.25	561	H	15/12/19	RTSC Christmas Cracker	Stratford	Barnet Copt	3
5:22.31	561	F	06/02/22	MIDDX County Championships 2022	Hillingdon LC		1
5:23.31	556	F	25/07/21	London Region Festival of Swimming Meet 2021	London Aquatic C		1
5:23.49	555	H	13/03/22	Putteridge SC Spring LC National Qualifier 2022	Luton	Barnet Copt	1
5:23.67	554	F	14/03/20	2020 London Region Spring Open Meet	London	Barnet Copt	1
5:24.21	551	H	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	Barnet Copt	1
5:26.65	539	F	30/04/22	SE London Summer Championships 2022	Stratford		1
5:26.72	538	F	11/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	Barnet Copt	1
5:27.47	535	H	20/04/19	Team Luton April Open Meet	Luton	Barnet Copt	1
5:28.08	532	H	14/04/18	N&EL L1 National Qualifying Meet	London	Barnet Copt	1
5:32.83	509	H	19/05/18	Nova Centurion May Level 1 LC Open Meet	Nottingham	Barnet Copt	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:14.63	603	F	06/08/23	Swim England National Summer Meet 2023	Sheffield	Barnet Copt	1
5:15.76	596	H	06/08/23	Swim England National Summer Meet 2023	Sheffield	Barnet Copt	1
5:16.88	590	F	30/04/23	SE London Summer Championships 2023	Stratford		1
5:14.55	603	F	14/01/23	Middlesex County Championships 2023	London		1
5:11.50	621	F	05/08/22	Swim England National Summer Meet 2022	Sheffield	Barnet Copt	1

5:15.89	596	H	05/08/22	Swim England National Summer Meet 2022	Sheffield	Barnet Copt	1
5:26.65	539	F	30/04/22	SE London Summer Championships 2022	Stratford		1
5:23.49	555	H	13/03/22	Putteridge SC Spring LC National Qualifier 2022	Luton	Barnet Copt	1
5:22.31	561	F	06/02/22	MIDDX County Championships 2022	Hillingdon LC		1
5:20.08	573	H	19/12/21	Northampton Swimming Club Winter Festival 2021	Corby	Barnet Copt	1
5:23.31	556	F	25/07/21	London Region Festival of Swimming Meet 2021	London Aquatic C		1
5:23.67	554	F	14/03/20	2020 London Region Spring Open Meet	London	Barnet Copt	1
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5:24.21	551	H	24/03/18	City of Sheffield Swim Squad Premier Meet 2018	Sheffield	Barnet Copt	1