

Individual Best Times (All Time)

Elen Ruck - (1302858) - Bristol Henleaze 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
5:04.81	460	F	17/01/23	Gloucestershire County Swimming Championships 2023	Bristol		1
5:10.89	433	F	31/01/22	Gloucester County Championships 2022	Hengrove LC		1
5:42.25	325	F	31/03/19	Tiger Bay Open Meet	Cardiff	Bristol Nor	3

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