

# Individual Best Times (All Time)

Rosie Hollands - (1335890) - Dover Lifeguard 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
5:55.21	419	F	28/04/24	SE South East Region LC Championships 2024	Winchester	Dover Life	1
5:58.91	406	H	09/03/24	Kent County Championships 2024	Stratford	Dover Life	1
6:02.16	395	H	11/05/24	Romford Last Chance L1 National Qualifier Meet 24	Crawley	Dover Life	1
6:06.63	381	F	25/11/23	Rushmoor Royals Winter L3 LC Open Meet 2023	Aldershot		3
6:34.20	306	F	07/05/22	Swim England South East Summer Championships	Crawley		1
6:39.21	295	H	12/02/23	Kent Swimming Championships 2023	Stratford	Dover Life	1
6:43.55	285	F	07/05/22	NUEL SC National Qualifier Open Meet 2022	Stratford		1

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