

Individual Best Times (All Time)

Millie Cammock - (1357631) - City of Sunderland ASC - 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
4:42.56	578	H	13/05/23	SE NE Region Age Group Championships (50m) 2023	Sunderland	Co Sund'land	1
4:42.82	576	H	05/05/24	SE North East Regional Open/Youth Championships	Sunderland	N & D PP SC	1
4:43.96	569	H	09/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	Co Sund'land	1
4:44.74	564	H	14/04/24	City of Sunderland National Qualifier 2024	Sunderland	Co Sund'land	1
4:46.25	555	H	04/02/24	Northumberland & Durham SA County Championships 24	Sunderland	Co Sund'land	1
4:46.56	554	F	05/05/24	SE North East Regional Open/Youth Championships	Sunderland	N & D PP SC	1
4:47.71	547	H	26/02/23	Northumberland & Durham County Championships 2023	Sunderland	Co Sund'land	1
4:48.41	543	H	04/08/23	Swim England National Summer Meet 2023	Sheffield	N & D PP SC	1
4:48.92	540	H	21/01/24	City of Sunderland ASC New Year Meet 2024	Sunderland	Co Sund'land	1
4:50.80	530	H	29/01/23	City of Sunderland SC New Year Meet 2023	Sunderland	Co Sund'land	1
4:52.17	522	H	25/03/23	City of Sheffield SS Premier Open Meet 2023	Sheffield	Co Sund'land	1
5:03.64	465	H	27/02/22	Northumberland & Durham SA County Championships 22	Sunderland	Co Sund'land	1
5:08.57	443	H	23/01/22	City of Sunderland ASC New Year Meet 2022	Sunderland	Co Sund'land	1
5:12.35	427	F	19/12/21	Swim Wales Winters 2021	Swansea		1
5:36.90	341	H	02/02/20	Northumberland & Durham SA County Championships	Sunderland	Co Sund'land	1
5:37.59	338	H	12/01/20	City of Sunderland New Year Meet 2020	Sunderland	Co Sund'land	1

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