

Individual Best Times (All Time)

Elin Winstanley - (1385183) - City of Hereford 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
4:47.68	547	F	07/08/23	Swim Wales Summer Open 2023	Swansea		1
4:47.83	546	F	21/05/23	Cardiff International Open Meet 2023	Cardiff		1
4:49.99	534	H	07/05/23	West Midland Regional Summer Championships 2023	Coventry	Co Hereford	1
4:50.78	530	H	27/04/24	SE West Midland Summer Championships 2024	Birmingham	Co Hereford	1
4:52.28	522	F	10/06/23	Torfaen Dolphins Long Course Meet 2023	Cardiff		1
5:03.64	465	F	13/03/22	Team Bath & Millfield National Qualifier L1 Meet	Millfield		1
5:20.55	395	F	14/03/20	Millfield & Team Bath AS L1 National Qualifier	Millfield School	Co Hereford	1

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