

Individual Best Times (All Time)

Poppy Jeffery - (1403955) - Killerwhales SC (Havering) - 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
4:37.54	610	F	05/05/24	SE London Region Summer Championships 2024	London		1
4:41.12	586	F	01/04/23	NUEL SC National Qualifier Open Meet 2023	Stratford		1
4:42.89	576	F	23/03/24	Newham & UEL SC National Qualifier Open Meet 2024	Stratford	Killerwhales	1
4:43.13	574	H	07/04/24	Derby Excel April Meet	Sheffield	Killerwhales	1
4:45.44	560	F	04/08/23	Swim England National Summer Meet 2023	Sheffield	Killerwhales	1
4:46.44	554	H	25/02/24	2024 Essex County Age Group Championships	London	Killerwhales	1
4:46.59	554	F	22/04/23	SE London Summer Championships 2023	Crawley		1
4:48.80	541	H	04/08/23	Swim England National Summer Meet 2023	Sheffield	Killerwhales	1
4:49.91	535	F	16/04/22	City of Norwich SC Easter Meet 2022	Norwich		1
4:52.32	522	F	08/04/23	City of Norwich Easter Meet 2023	Norwich	Killerwhales	1
4:53.74	514	H	13/03/22	71st ESSA National Inter-Divisional Championships	Coventry		1
4:54.29	511	F	19/03/22	SE London Summer Championships 2022	Stratford		1
5:04.57	461	F	24/07/21	London Region Festival of Swimming Meet 2021	London Aquatic C		1
5:19.43	400	F	07/03/20	NUEL Regional Qualifying Meet 2020	London	Killerwhales	3

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