

# Individual Best Times (All Time)

Gabriella Troman - (1412258) - Team Ipswich Swimming - 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
5:30.20	522	F	04/03/23	CONSC March LC Open Meet 2023	Sportspark		3
5:30.59	520	F	09/04/23	City of Norwich Easter Meet 2023	Norwich		1
5:32.46	511	H	14/05/23	Swim England East Region LC Championships 2023	Luton	teamipswich	1
5:47.27	448	H	08/05/22	SE East Region Long Course Championships 2022	Luton	Colchester	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:32.46	511	H	14/05/23	Swim England East Region LC Championships 2023	Luton	teamipswich	1
5:30.59	520	F	09/04/23	City of Norwich Easter Meet 2023	Norwich		1
5:30.20	522	F	04/03/23	CONSC March LC Open Meet 2023	Sportspark		3
5:47.27	448	H	08/05/22	SE East Region Long Course Championships 2022	Luton	Colchester	1