

Individual Best Times (All Time)

Ruth Poyntz-Wright - (1443884) - Gloucester City SC - 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
6:09.87	371	F	15/01/23	Gloucestershire County Swimming Championships 2023	Bristol		1
6:12.23	364	F	13/05/23	SE South West Summer Regional Championships 2023	Hengrove		1
6:12.59	363	F	07/04/24	City of Bristol L1 International Open Meet 2024	Bristol		1
6:13.37	361	F	02/04/23	City Of Bristol L1 International Open Meet 2023	Hengrove Park		1

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6:09.87	371	F	15/01/23	Gloucestershire County Swimming Championships 2023	Bristol		1