

Individual Best Times (All Time)

Ruth Poyntz-Wright - (1443884) - Gloucester City 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
5:26.98	373	F	16/01/24	Gloucester County ASA Swimming Championships 2024	Bristol		1
5:31.06	359	F	01/04/23	City Of Bristol L1 International Open Meet 2023	Hengrove Park		1
5:46.53	313	F	17/01/23	Gloucestershire County Swimming Championships 2023	Bristol		1

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