

Individual Best Times (All Time)

Sophia Motley - (1581797) - Bristol Penguin Olympic 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
4:56.04	502	F	11/05/24	Team Bath AS & Millfield L1 Last Chance Meet 2024	Millfield		1
4:57.74	494	F	20/04/24	SE SWR Summer Championships 2024	Bristol		1
5:00.99	478	F	16/01/24	Gloucester County ASA Swimming Championships 2024	Bristol		1
5:01.54	475	F	10/03/24	City of Swansea Aquatics Spring LC Open Meet 2024	Swansea		1
5:01.74	474	F	07/08/23	Swim Wales Summer Open 2023	Swansea		1
5:09.19	441	F	22/04/23	SE South West Summer Regional Championships 2023	Millfield		1
5:11.34	432	F	01/04/23	City Of Bristol L1 International Open Meet 2023	Hengrove Park		1
5:30.84	360	F	17/01/23	Gloucestershire County Swimming Championships 2023	Bristol		1

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