

Individual Best Times (All Time)

Rebecca Sherwin - (352143) - Team Ipswich Swimming - 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
4:21.74	727	F	29/07/17	British Summer Championships	Sheffield	teamipswich	1
4:23.65	711	H	05/11/17	East Region Winter Championships	Norwich	teamipswich	1
4:25.13	699	H	29/07/17	British Summer Championships	Sheffield	teamipswich	1
4:25.74	694	H	29/04/17	ASA East Long Course Championships	Luton	teamipswich	1
4:26.00	692	H	05/05/18	East Swimming Long Course Championships 2018	Norwich	teamipswich	1
4:26.63	687	F	03/08/14	BG ASA National Age Groups Champs 2014	Sheffield		1
4:31.06	654	H	03/08/14	BG ASA National Age Groups Champs 2014	Sheffield		1
4:31.25	653	H	08/06/14	BGASA East Region Championships 2014	Norwich	teamipswich	1
4:31.76	649	H	17/12/17	Swim England Winter Championships 2017	Sheffield	teamipswich	1
4:32.23	646	H	02/06/13	BGASA East Region Age Group Champs	Norwich	teamipswich	1
4:33.79	635	H	25/07/13	BG ASA National Age Groups 2013	Sheffield	teamipswich	1
4:34.07	633	F	23/07/12	BG ASA National Age Groups Championships	Sheffield	teamipswich	1
4:34.99	627	H	25/01/14	Central Zonal Meet 2014	Corby	teamipswich	1
4:35.71	622	F	25/01/14	Central Zonal Meet 2014	Corby	teamipswich	1
4:38.69	602	H	23/07/12	BG ASA National Age Groups Championships	Sheffield	teamipswich	1
4:43.51	572	H	03/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	teamipswich	1
5:00.20	482	H	05/06/11	BG East Region Bagcat Championships	Norwich	teamipswich	1

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