

# Individual Best Times (All Time)

Ashley Trent - (399074) - City of Cambridge 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
5:10.17	477	H	02/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	Co Cambridge	1
5:14.16	459	H	17/11/12	Team Luton Inaugural Long Course Meet	Luton	Co Cambridge	1
5:17.95	443	H	26/01/13	ASA Central Region Zonal Competition	Corby	Co Cambridge	1
5:25.63	413	H	04/06/11	BG East Region Bagcat Championships	Norwich	Co Cambridge	1
5:31.88	390	H	10/04/11	City of Norwich Easter Meet	Norwich	Co Cambridge	1
5:33.72	383	H	05/06/10	BG East Region Bagcats	Norwich	Co Cambridge	1
5:38.27	368	H	15/05/10	Rotherham Metro LC Meet	Sheffield	Co Cambridge	1
5:50.37	331	H	20/12/09	Hamble Aquatics Open Meet	Dubai	Co Cambridge	2
6:11.26	278	H	14/06/09	East Region Age Groups	Norwich	Co Cambridge	1
6:46.04	213	H	15/06/08	East Region Bagcat Champs	Norwich	Co Cambridge	1

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