

Individual Best Times (All Time)

Ashley Trent - (399074) - City of Cambridge 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
4:36.85	502	H	10/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	Co Cambridge	1
4:37.15	500	H	20/05/12	Northampton SC May Open Meet	Corby	Co Cambridge	1
4:42.78	471	H	17/12/11	Killerwhales Winter Open	Basildon	Co Cambridge	1
4:45.20	459	H	09/04/11	City of Norwich Easter Meet	Norwich	Co Cambridge	1
4:52.47	426	H	13/06/10	East Region BAGCATS	Norwich	Co Cambridge	1
4:53.04	423	H	12/06/11	BG East Region Bagcat Championships	Norwich	Co Cambridge	1
4:55.20	414	H	16/05/10	Rotherham Metro LC Meet	Sheffield	Co Cambridge	1
4:58.29	401	H	03/04/10	City of Norwich Easter Meet	Norwich	Co Cambridge	1
5:30.51	295	H	06/06/09	East Region BAGCATS	UEA Norwich	Co Cambridge	1
6:01.45	225	H	07/06/08	East Region Bagcat Champs	Norwich	Co Cambridge	1

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