

Individual Best Times (All Time)

Samantha Girle - (496166) - City of Derby Swimming Club - 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 |
|---------|--------|-------|----------|---|----------------|-----------------|-------|
| 5:23.90 | 553 | H | 04/02/18 | Hampshire County Championships 2018 | Mountbatten LC | Rushmoor Ryl | 1 |
| 5:25.63 | 544 | H | 12/02/17 | Hampshire County Swimming Championships 2017 | Portsmouth | Rushmoor Ryl | 1 |
| 5:25.63 | 544 | H | 18/03/18 | Rushmoor Royals L1 Spring National Qualifier Open | Aldershot | Rushmoor Ryl | 1 |
| 5:26.99 | 537 | H | 06/12/15 | Rushmoor Royals Last Chance County Qualifier | Aldershot | | 3 |
| 5:27.31 | 535 | F | 18/11/17 | Team Bath AS Autumn Level 1 & Level 3 Open Meet | Hengrove | Rushmoor Ryl | 1 |
| 5:30.34 | 521 | F | 30/03/13 | Portsmouth Northsea Easter Festival 2013 | Portsmouth | Basingstoke | 1 |
| 5:30.81 | 519 | H | 10/07/16 | Rushmoor Royals Club Championships | Aldershot | | 4 |
| 5:31.42 | 516 | H | 11/04/15 | Rushmoor Royals Spring NQ Open Meet | Aldershot | | 1 |
| 5:31.90 | 514 | | 02/03/13 | Hampshire County Championships | Portsmouth | Basingstoke | 1 |
| 5:35.32 | 498 | | 01/03/14 | Hampshire County Championships | Portsmouth | Basingstoke | 1 |
| 5:37.50 | 488 | F | 08/02/14 | Wycombe District Annual LC Open Meet | Wycombe | Basingstoke | 1 |
| 5:39.39 | 480 | F | 12/01/13 | Portsmouth Northsea SC Level 1 Open Meet | Portsmouth | Basingstoke | 1 |
| 5:39.66 | 479 | F | 16/12/12 | Hillingdon SC Level 1 Winter Open Meet | Hillingdon | Basingstoke | 1 |
| 5:41.13 | 473 | H | 15/06/14 | ASA South East Region Age Group Championships | Crawley | Basingstoke | 1 |
| 5:41.18 | 473 | H | 26/10/14 | Rushmoor Royals 11th Autumn Meet | Aldershot | | 1 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------|--------|-------|----------|---|----------------|-----------------|-------|
| 5:25.63 | 544 | H | 18/03/18 | Rushmoor Royals L1 Spring National Qualifier Open | Aldershot | Rushmoor Ryl | 1 |
| 5:23.90 | 553 | H | 04/02/18 | Hampshire County Championships 2018 | Mountbatten LC | Rushmoor Ryl | 1 |
| 5:27.31 | 535 | F | 18/11/17 | Team Bath AS Autumn Level 1 & Level 3 Open Meet | Hengrove | Rushmoor Ryl | 1 |
| 5:25.63 | 544 | H | 12/02/17 | Hampshire County Swimming Championships 2017 | Portsmouth | Rushmoor Ryl | 1 |
| 5:30.81 | 519 | H | 10/07/16 | Rushmoor Royals Club Championships | Aldershot | | 4 |
| 5:26.99 | 537 | H | 06/12/15 | Rushmoor Royals Last Chance County Qualifier | Aldershot | | 3 |
| 5:31.42 | 516 | H | 11/04/15 | Rushmoor Royals Spring NQ Open Meet | Aldershot | | 1 |
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| 5:39.66 | 479 | F | 16/12/12 | Hillingdon SC Level 1 Winter Open Meet | Hillingdon | Basingstoke | 1 |