

Individual Best Times (All Time)

Samantha Girle - (496166) - City of Derby Swimming Club - 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
4:36.09	619	F	03/08/16	ASA Summer Nationals 2016	Sheffield	Rushmoor Ryl	1
4:38.15	605	H	05/11/17	Swim England SE - 2017 Open & Junior Champs	Portsmouth	Rushmoor Ryl	1
4:39.33	598	F	24/04/16	Millfield & Taunton Super Series	Millfield	Rushmoor Ryl	1
4:39.49	597	F	28/05/16	City of Cardiff Open Meet	Cardiff	Rushmoor Ryl	1
4:40.04	593	H	12/02/17	Hampshire County Swimming Championships 2017	Portsmouth	Rushmoor Ryl	1
4:40.26	592	H	03/08/16	ASA Summer Nationals 2016	Sheffield	Rushmoor Ryl	1
4:40.75	589	H	04/02/18	Hampshire County Championships 2018	Mountbatten LC	Rushmoor Ryl	1
4:40.82	588	F	18/04/14	Portsmouth Northsea Easter Swim Festival	Portsmouth	Basingstoke	1
4:41.36	585	H	25/02/18	Rushmoor Royals Regional Qualifier Open Meet	Aldershot	Rushmoor Ryl	3
4:41.90	582	F	19/11/17	Team Bath AS Autumn Level 1 & Level 3 Open Meet	Hengrove	Rushmoor Ryl	1
4:42.21	580	H	06/05/18	Swim England South East Championships 2018	Wycombe	Rushmoor Ryl	1
4:42.42	578	H	05/12/15	Rushmoor Royals Last Chance County Qualifier	Aldershot		3
4:42.93	575		16/03/14	Hampshire County Championships	Portsmouth	Basingstoke	1
4:43.12	574	H	10/07/16	Rushmoor Royals Club Championships	Aldershot		4
4:43.14	574	H	17/03/18	Rushmoor Royals L1 Spring National Qualifier Open	Aldershot	Rushmoor Ryl	1
4:43.68	571	F	31/03/18	Millfield Super Series	Millfield	Rushmoor Ryl	1
4:44.05	569	F	26/04/15	Millfield & Taunton Super Series (LC)	Millfield	Rushmoor Ryl	1
4:44.30	567	F	06/01/18	UBSC New Year Level 1 Open Meet	Hengrove	Rushmoor Ryl	1
4:44.31	567		25/05/13	ASA South East Region Age Group Champs	Crawley	Basingstoke	1
4:44.73	564		02/03/14	Hampshire County Championships	Portsmouth	Basingstoke	1
4:45.00	563	H	23/05/15	ASASER Swimming Championships	Portsmouth		1
4:45.21	562		17/03/13	Hampshire County Championships	Portsmouth	Basingstoke	1
4:46.94	551	H	26/05/18	London Swimming 2018 Long Course Summer Open	London	Rushmoor Ryl	1
4:47.72	547		03/03/13	Hampshire County Championships	Portsmouth	Basingstoke	1
4:48.68	542	F	01/12/13	Portsmouth Northsea Cracker Meet	Portsmouth	Basingstoke	1
4:48.76	541	F	12/01/13	Portsmouth Northsea SC Level 1 Open Meet	Portsmouth	Basingstoke	1
4:49.15	539	F	17/03/13	Wycombe District Annual LC Open Meet	Wycombe	Basingstoke	1

4:49.13	539	F	17/02/13	Wycombe District Annual LC Open Meet	Wycombe	Basingstoke	1
4:49.20	539	H	15/03/15	Hampshire County ASA Championships	Portsmouth		1
4:50.20	533	F	15/12/12	Hillingdon SC Level 1 Winter Open Meet	Hillingdon	Basingstoke	1
4:50.83	530	H	12/05/13	Beckenham SC International Open Meet	Crystal Palace	Basingstoke	1
4:50.94	529	F	24/03/13	ESSA South East Region Inter County Gala	Surrey	Basingstoke	1
4:51.92	524	H	31/05/14	ASA South East Region Age Group Championships	Crawley	Basingstoke	1
4:52.86	519	H	25/01/14	ASA South Zonal Competition	Millfield School	Basingstoke	1
4:53.81	514	F	17/11/13	Crawley Not So Early Bird Meet	Crawley	Basingstoke	1
4:54.44	510	H	21/12/14	Northampton Winter Festival Meet	Corby		1
4:54.73	509	F	30/03/13	Portsmouth Northsea Easter Festival 2013	Portsmouth	Basingstoke	1
4:59.08	487	H	17/05/14	Northampton SC Spring Festival Open Meet	Corby	Basingstoke	1
4:59.19	486	H	25/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot		1
5:01.21	477	F	09/02/14	Wycombe District Annual LC Open Meet	Wycombe	Basingstoke	1
5:05.00	459		26/05/12	British Gas South East Region AG Champs	Crawley	Basingstoke	1
5:06.88	451	F	30/03/14	ESSA SE Division Inter County Gala	Guildford	Basingstoke	1
5:52.32	298		27/02/11	Hampshire County Championships	Portsmouth	Basingstoke	1
5:55.24	290		28/05/11	BG South East Region Age Group Championshi	Crawley	Basingstoke	1

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