

# Individual Best Times (All Time)

Alaina Scifo - (496333) - 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
4:45.71	559	H	03/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	teamipswich	1
4:55.36	506	H	05/06/11	BG East Region Bagcat Championships	Norwich	teamipswich	1
4:56.88	498	H	06/06/10	BG East Region Bagcats	Norwich	teamipswich	1
5:12.42	427	H	13/06/09	East Region Age Groups	Norwich	teamipswich	1

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