

Individual Best Times (All Time)

Indah Higson - (515032) - Preston 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
5:01.06	477	H	02/06/13	BG North West Region 2013 Age Group Champs	Manchester	Preston	1
5:01.28	476	H	10/03/13	Lancashire Age Group County Championships	Manchester	Preston	1
5:01.87	474	H	15/03/14	Lancashire County Championships	Manchester	Preston	1
5:09.58	439	H	20/04/14	City of Leeds National Qualifying Meet 2014	Leeds	Preston	1
5:11.60	431	H	03/06/12	North West Region Age Group Championships	Manchester	Preston	1
5:12.32	428	H	17/03/12	Lancashire County Championships	Manchester	Preston	1

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