

Individual Best Times (All Time)

Martha Duley - (519476) - Colchester 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
4:38.48	603	H	29/04/17	ASA East Long Course Championships	Luton	Colchester	1
4:42.90	575	H	18/02/17	Essex Age Group Championships 2017	Basildon	Colchester	1
4:43.18	574	F	26/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	Colchester	1
4:43.70	571	H	04/05/14	ASA East Region Youth Championships	Luton	Colchester	1
4:45.16	562	H	25/05/14	Team Luton Last Chance National Qualifier 2014	Luton	Colchester	1
4:45.88	558	H	08/12/13	ASA East Regionals Winter Championships	Norwich	Colchester	1
4:46.34	555	H	22/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	Colchester	1
4:47.08	551	H	24/11/13	Essex Winter Long Course Competition	Basildon	Colchester	1
4:48.47	543	H	23/01/16	Essex Age Group Championships 2016	Basildon	Colchester	1
4:48.47	543	H	23/01/16	Essex Age Group Championships 2016	Basildon	Colchester	1
4:49.37	538	H	02/06/13	BGASA East Region Age Group Champs	Norwich	Colchester	1
4:51.90	524	H	03/02/19	Essex Age Group Champs 2019	Basildon	Colchester	1
4:54.81	508	F	31/03/13	City of Norwich SC Easter Meet 2013	Norwich	Colchester	1

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