

# Individual Best Times (All Time)

Nicola Pasquire - (533247) - Team Luton 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 |
|---------|--------|-------|----------|---|-----------|-----------------|-------|
| 4:29.40 | 666    | H     | 19/10/13 | Lincoln Vulcans Long Course Meet            | Sheffield | Bedford SS      | 1     |
| 4:29.61 | 665    | H     | 17/11/13 | Team Luton Autumn LC Open Meet              | Luton     | Bedford SS      | 1     |
| 4:30.03 | 662    | H     | 25/01/14 | Central Zonal Meet 2014                     | Corby     | Bedford SS      | 1     |
| 4:30.44 | 659    | F     | 25/01/14 | Central Zonal Meet 2014                     | Corby     | Bedford SS      | 1     |
| 4:30.88 | 656    | H     | 13/02/16 | Bedfordshire Age Group & County Champs      | Luton     | Team Luton      | 1     |
| 4:31.18 | 653    | H     | 08/12/13 | ASA East Regionals Winter Championships     | Norwich   | Bedford SS      | 1     |
| 4:31.83 | 649    | H     | 29/06/13 | ESSA National Inter-Divisional Meet 2013    | Liverpool | Bedford SS      | 1     |
| 4:32.17 | 646    | H     | 22/12/13 | Northampton Winter Festival Open Meet       | Corby     | Bedford SS      | 1     |
| 4:32.54 | 644    | H     | 26/05/13 | City of Sheffield No Frill Meet             | Sheffield | Bedford SS      | 1     |
| 4:32.57 | 643    | F     | 26/01/13 | ASA Central Region Zonal Competition        | Corby     | Bedford SS      | 1     |
| 4:32.90 | 641    | F     | 26/03/16 | UEA City of Norwich Easter Long Course Meet | Norwich   | Team Luton      | 1     |
| 4:33.00 | 640    | H     | 09/02/13 | Derventio February Festival                 | Sheffield | Bedford SS      | 1     |
| 4:33.15 | 639    | H     | 20/10/12 | Lincoln Vulcans SC LC Open Meet             | Sheffield | Bedford SS      | 1     |
| 4:33.55 | 637    | H     | 03/06/12 | British Gas ASA East Region BAGCAT Champs   | Norwich   | Bedford SS      | 1     |
| 4:33.67 | 636    | H     | 17/11/12 | Team Luton Inaugural Long Course Meet       | Luton     | Bedford SS      | 1     |
| 4:34.15 | 632    | H     | 15/01/12 | City of Derby 11th Long Course Open Meet    | Sheffield | Bedford SS      | 1     |
| 4:34.16 | 632    | H     | 04/03/12 | British Gas Swimming Championships 2012     | London    | Bedford SS      | 1     |
| 4:34.32 | 631    | H     | 30/06/12 | ESSA Inter-Divisional Championships         | Liverpool | Bedford SS      | 1     |
| 4:34.68 | 629    | H     | 26/01/13 | ASA Central Region Zonal Competition        | Corby     | Bedford SS      | 1     |
| 4:34.77 | 628    | H     | 23/07/12 | BG ASA National Age Groups Championships    | Sheffield | Bedford SS      | 1     |
| 4:34.83 | 628    | H     | 05/05/13 | ASA East Region Youth Championships         | Luton     | Bedford SS      | 1     |
| 4:35.10 | 626    | H     | 17/04/16 | Team Luton April Long Course Meet           | Luton     | Team Luton      | 1     |
| 4:35.27 | 625    | H     | 13/01/13 | City of Derby 12th Long Course Open Meet    | Sheffield | Bedford SS      | 1     |
| 4:35.70 | 622    | F     | 04/04/15 | UEA City of Norwich Easter LC Meet 2015     | Norwich   | Bedford SS      | 1     |
| 4:35.78 | 621    | F     | 28/01/12 | ASA Central Zone Meet                       | Corby     | Bedford SS      | 1     |
| 4:36.30 | 618    | H     | 18/05/13 | Northampton Spring Meet 2013                | Corby     | Bedford SS      | 1     |
| 4:36.36 | 617    | H     | 28/01/12 | ASA Central Zone Meet                       | Corby     | Bedford SS      | 1     |

|         |     |   |          |  |           |            |   |
|---------|-----|---|----------|--|-----------|------------|---|
| 4:36.36 | 617 | H | 20/11/12 | ASA Central Zone Meet                          | Corby     | Bedford SS | 1 |
| 4:36.56 | 616 | H | 18/12/11 | Northampton Winter Festival Open Meet          | Corby     | Bedford SS | 1 |
| 4:36.86 | 614 | H | 08/02/14 | Derventio Excel February Festival              | Sheffield | Bedford SS | 1 |
| 4:37.17 | 612 | H | 19/05/12 | Northampton SC May Open Meet                   | Corby     | Bedford SS | 1 |
| 4:37.53 | 610 | H | 02/05/15 | ASA East Region Summer Championships Weekend 1 | Luton     |            | 1 |
| 4:37.95 | 607 | H | 11/05/13 | Derventio Excel Swim Squad 7th LC Open         | Sheffield | Bedford SS | 1 |
| 4:38.78 | 601 | H | 21/03/15 | Bedfordshire ASA County Championships          | Luton     |            | 1 |
| 4:39.40 | 597 | F | 31/03/13 | City of Norwich SC Easter Meet 2013            | Norwich   | Bedford SS | 1 |
| 4:40.56 | 590 | F | 07/02/15 | UEA City of Norwich SC February Groundhog Meet | Norwich   | Bedford SS | 1 |
| 4:40.56 | 590 | H | 15/05/16 | Team Luton May Long Course Meet                | Luton     | Team Luton | 1 |
| 4:42.05 | 581 | H | 04/05/14 | ASA East Region Youth Championships            | Luton     | Bedford SS | 1 |
| 4:42.88 | 576 | H | 12/04/15 | Team Luton April Long Course Meet              | Luton     |            | 1 |
| 4:43.79 | 570 | H | 30/04/16 | ASA East Region Long Course Championships      | Norwich   | Team Luton | 1 |
| 4:44.16 | 568 | H | 15/10/11 | Lincoln Vulcans Open Meet                      | Sheffield | Bedford SS | 1 |
| 4:44.32 | 567 | H | 05/06/11 | BG East Region Bagcat Championships            | Norwich   | Bedford SS | 1 |
| 4:58.74 | 489 | F | 19/12/10 | Plymouth Leander Open                          | Millfield | Bedford SS | 1 |
| 5:02.32 | 471 | H | 16/10/10 | Lincoln Vulcans Open Meet                      | Sheffield | Bedford SS | 1 |
| 5:03.16 | 468 | H | 27/11/10 | City of Coventry Open                          | Coventry  | Bedford SS | 1 |
| 5:03.86 | 464 | H | 09/01/11 | City of Derby 10th Long Course Open Meet       | Sheffield | Bedford SS | 1 |
| 5:07.99 | 446 | H | 06/06/10 | BG East Region Bagcats                         | Norwich   | Bedford SS | 1 |
| 5:27.61 | 370 |   | 06/12/09 | Northampton Winter Meet                        | Corby     | Bedford SS | 1 |

## Swims in Date Order

| Time    | WA Pts | Round | Date     | Meet   | Venue     | Club Swam Under | Level |
|---------|--------|-------|----------|--|-----------|-----------------|-------|
| 4:40.56 | 590    | H     | 15/05/16 | Team Luton May Long Course Meet                | Luton     | Team Luton      | 1     |
| 4:43.79 | 570    | H     | 30/04/16 | ASA East Region Long Course Championships      | Norwich   | Team Luton      | 1     |
| 4:35.10 | 626    | H     | 17/04/16 | Team Luton April Long Course Meet              | Luton     | Team Luton      | 1     |
| 4:32.90 | 641    | F     | 26/03/16 | UEA City of Norwich Easter Long Course Meet    | Norwich   | Team Luton      | 1     |
| 4:30.88 | 656    | H     | 13/02/16 | Bedfordshire Age Group & County Champs         | Luton     | Team Luton      | 1     |
| 4:37.53 | 610    | H     | 02/05/15 | ASA East Region Summer Championships Weekend 1 | Luton     |                 | 1     |
| 4:42.88 | 576    | H     | 12/04/15 | Team Luton April Long Course Meet              | Luton     |                 | 1     |
| 4:35.70 | 622    | F     | 04/04/15 | UEA City of Norwich Easter LC Meet 2015        | Norwich   | Bedford SS      | 1     |
| 4:38.78 | 601    | H     | 21/03/15 | Bedfordshire ASA County Championships          | Luton     |                 | 1     |
| 4:40.56 | 590    | F     | 07/02/15 | UEA City of Norwich SC February Groundhog Meet | Norwich   | Bedford SS      | 1     |
| 4:42.05 | 581    | H     | 04/05/14 | ASA East Region Youth Championships            | Luton     | Bedford SS      | 1     |
| 4:36.86 | 614    | H     | 08/02/14 | Derventio Excel February Festival              | Sheffield | Bedford SS      | 1     |
| 4:30.44 | 659    | F     | 25/01/14 | Central Zonal Meet 2014                        | Corby     | Bedford SS      | 1     |
| 4:30.03 | 662    | H     | 25/01/14 | Central Zonal Meet 2014                        | Corby     | Bedford SS      | 1     |
| 4:32.17 | 646    | H     | 22/12/13 | Northampton Winter Festival Open Meet          | Corby     | Bedford SS      | 1     |
| 4:31.18 | 653    | H     | 08/12/13 | ASA East Regionals Winter Championships        | Norwich   | Bedford SS      | 1     |
| 4:29.61 | 665    | H     | 17/11/13 | Team Luton Autumn LC Open Meet                 | Luton     | Bedford SS      | 1     |
| 4:29.40 | 666    | H     | 19/10/13 | Lincoln Vulcans Long Course Meet               | Sheffield | Bedford SS      | 1     |
| 4:31.83 | 649    | H     | 29/06/13 | ESSA National Inter-Divisional Meet 2013       | Liverpool | Bedford SS      | 1     |
| 4:32.54 | 644    | H     | 26/05/13 | City of Sheffield No Frill Meet                | Sheffield | Bedford SS      | 1     |
| 4:36.30 | 618    | H     | 18/05/13 | Northampton Spring Meet 2013                   | Corby     | Bedford SS      | 1     |
| 4:37.95 | 607    | H     | 11/05/13 | Derventio Excel Swim Squad 7th LC Open         | Sheffield | Bedford SS      | 1     |
| 4:34.83 | 628    | H     | 05/05/13 | ASA East Region Youth Championships            | Luton     | Bedford SS      | 1     |
| 4:39.40 | 597    | F     | 31/03/13 | City of Norwich SC Easter Meet 2013            | Norwich   | Bedford SS      | 1     |
| 4:33.00 | 640    | H     | 09/02/13 | Derventio February Festival                    | Sheffield | Bedford SS      | 1     |
| 4:32.57 | 643    | F     | 26/01/13 | ASA Central Region Zonal Competition           | Corby     | Bedford SS      | 1     |
| 4:34.68 | 629    | H     | 26/01/13 | ASA Central Region Zonal Competition           | Corby     | Bedford SS      | 1     |
| 4:35.27 | 625    | H     | 13/01/13 | City of Derby 12th Long Course Open Meet       | Sheffield | Bedford SS      | 1     |
| 4:33.67 | 636    | H     | 17/11/12 | Team Luton Inaugural Long Course Meet          | Luton     | Bedford SS      | 1     |

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| 4:33.15 | 639 | H | 20/10/12 | Lincoln Vulcans SC LC Open Meet           | Sheffield | Bedford SS | 1 |
| 4:34.77 | 628 | H | 23/07/12 | BG ASA National Age Groups Championships  | Sheffield | Bedford SS | 1 |
| 4:34.32 | 631 | H | 30/06/12 | ESSA Inter-Divisional Championships       | Liverpool | Bedford SS | 1 |
| 4:33.55 | 637 | H | 03/06/12 | British Gas ASA East Region BAGCAT Champs | Norwich   | Bedford SS | 1 |
| 4:37.17 | 612 | H | 19/05/12 | Northampton SC May Open Meet              | Corby     | Bedford SS | 1 |
| 4:34.16 | 632 | H | 04/03/12 | British Gas Swimming Championships 2012   | London    | Bedford SS | 1 |
| 4:35.78 | 621 | F | 28/01/12 | ASA Central Zone Meet                     | Corby     | Bedford SS | 1 |
| 4:36.36 | 617 | H | 28/01/12 | ASA Central Zone Meet                     | Corby     | Bedford SS | 1 |
| 4:34.15 | 632 | H | 15/01/12 | City of Derby 11th Long Course Open Meet  | Sheffield | Bedford SS | 1 |
| 4:36.56 | 616 | H | 18/12/11 | Northampton Winter Festival Open Meet     | Corby     | Bedford SS | 1 |
| 4:44.16 | 568 | H | 15/10/11 | Lincoln Vulcans Open Meet                 | Sheffield | Bedford SS | 1 |
| 4:44.32 | 567 | H | 05/06/11 | BG East Region Bagcat Championships       | Norwich   | Bedford SS | 1 |
| 5:03.86 | 464 | H | 09/01/11 | City of Derby 10th Long Course Open Meet  | Sheffield | Bedford SS | 1 |
| 4:58.74 | 489 | F | 19/12/10 | Plymouth Leander Open                     | Millfield | Bedford SS | 1 |
| 5:03.16 | 468 | H | 27/11/10 | City of Coventry Open                     | Coventry  | Bedford SS | 1 |
| 5:02.32 | 471 | H | 16/10/10 | Lincoln Vulcans Open Meet                 | Sheffield | Bedford SS | 1 |
| 5:07.99 | 446 | H | 06/06/10 | BG East Region Bagcats                    | Norwich   | Bedford SS | 1 |
| 5:27.61 | 370 |   | 06/12/09 | Northampton Winter Meet                   | Corby     | Bedford SS | 1 |