

Individual Best Times (All Time)

Emma Tappenden - (548511) - Basildon and Phoenix 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
4:52.18	522	H	03/02/19	Essex Age Group Champs 2019	Basildon	Basildon Ph	1
4:52.39	521	H	02/02/20	Essex Age Group Championships 2020	Basildon	Basildon Ph	1
4:56.47	500	H	17/02/18	Essex Age Group Championships 2018	Basildon	Basildon Ph	1
4:56.52	500	H	29/10/17	Essex Senior Winter Championships 2017	Basildon	Basildon Ph	1
5:04.82	460	H	03/03/19	Rushmoor Royals Regional Qualifier Open Meet	Aldershot	Basildon Ph	3
5:05.53	457	H	18/02/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1
5:08.23	445	H	16/04/17	BPSC Easter Meet 2017	Basildon	Basildon Ph	1
5:08.51	444	H	26/05/18	East Swimming Long Course Championships 2018	Luton	Basildon Ph	1
6:08.07	261	H	05/04/15	Basildon & Phoenix LC Easter Meet	Basildon		1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:52.39	521	H	02/02/20	Essex Age Group Championships 2020	Basildon	Basildon Ph	1
5:04.82	460	H	03/03/19	Rushmoor Royals Regional Qualifier Open Meet	Aldershot	Basildon Ph	3
4:52.18	522	H	03/02/19	Essex Age Group Champs 2019	Basildon	Basildon Ph	1
5:08.51	444	H	26/05/18	East Swimming Long Course Championships 2018	Luton	Basildon Ph	1
4:56.47	500	H	17/02/18	Essex Age Group Championships 2018	Basildon	Basildon Ph	1
4:56.52	500	H	29/10/17	Essex Senior Winter Championships 2017	Basildon	Basildon Ph	1
5:08.23	445	H	16/04/17	BPSC Easter Meet 2017	Basildon	Basildon Ph	1
5:05.53	457	H	18/02/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1
6:08.07	261	H	05/04/15	Basildon & Phoenix LC Easter Meet	Basildon		1