

Individual Best Times (All Time)

Ellie Pomfret - (556259) - Blackpool Aquatics ASC - 400 Individual Medley - 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
5:45.63	455	H	29/01/17	Lancashire County Championships	Manchester	Blackpool Aq	1
5:46.26	452	H	24/01/16	Lancashire County WPSA Age Group & Championships	Manchester	Blackpool Aq	1
5:51.09	434	H	01/03/15	Lancashire County Age Groups & Championships	Liverpool	Blackpool Aq	1
5:54.98	420	H	12/04/15	Derventio Excel 9th Open Meet	Sheffield	Blackpool Aq	1

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