

Individual Best Times (All Time)

Shannon Stott - (558830) - City of Sheffield Swim Squad Ltd - 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
5:07.09	648	H	13/05/17	Team Luton May Long Course Meet 2017	Luton	Hatfield	1
5:12.35	616	F	02/08/17	Swim England National Summer Meet (50m)	Sheffield	Hatfield	1
5:12.40	616	H	01/05/16	ASA East Region Long Course Championships	Norwich	Co St Albans	1
5:13.55	609	H	02/08/17	Swim England National Summer Meet (50m)	Sheffield	Hatfield	1
5:14.68	603	H	04/06/17	Sarajevo Aquatics 2017	Sarajevo	Hatfield	1
5:14.73	602	H	26/07/16	British Summer Championships	Sheffield	Co St Albans	1
5:15.34	599	F	05/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	Co St Albans	1
5:16.17	594	H	03/05/15	ASA East Region Summer Championships Weekend 1	Luton		1
5:19.17	578	F	27/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	Co St Albans	1
5:23.09	557	F	29/05/15	Cardiff International Open Meet 2015	Cardiff	Co St Albans	1
5:30.35	521	F	19/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	Co St Albans	1
5:30.69	519	F	05/08/14	Swim Wales Summer Nationals 2014	Swansea	Co St Albans	1
5:31.00	518	H	08/08/15	ASA Summer Nationals 2015	Sheffield		1
5:48.02	445	H	08/06/13	BGASA East Region Age Group Champs	Norwich	Co St Albans	1
6:09.00	374	H	09/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	Co St Albans	1

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