

# Individual Best Times (All Time)

Jessica Mcdonough - (740159) - Stockport Metro SC - 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
4:59.60	698	F	24/07/18	British Summer Championships	Sheffield	Co Liverpool	1
5:01.52	685	H	24/07/18	British Summer Championships	Sheffield	Co Liverpool	1
5:04.45	665	H	01/03/18	Edinburgh International Inc British Championships	Edinburgh		1
5:06.71	651	F	28/04/18	Swim England West Midlands Championships	Coventry	Ellesmere Co	1
5:07.54	646	H	13/12/17	Swim England Winter Championships 2017	Sheffield	Ellesmere Co	1
5:07.91	643	H	13/05/18	Manchester Open Meet 2018	Manchester	Ellesmere Co	1
5:08.24	641	H	07/04/18	City of Liverpool Spring Open Meet	Liverpool	Co Liverpool	1
5:08.37	640	H	20/01/18	9e Trophe National des Hortillons	Amiens, France	Ellesmere Co	1
5:09.10	636	F	15/04/17	City of Leeds National Qualifier 2017	Leeds	Ellesmere Co	1
5:09.14	636	H	25/07/17	British Summer Championships	Sheffield	Ellesmere Co	1
5:09.40	634	F	20/01/18	9e Trophe National des Hortillons	Amiens, France	Ellesmere Co	1
5:09.54	633	F	26/05/17	Cardiff International Open Meet 2017	Cardiff	Ellesmere Co	1
5:10.01	630	F	13/05/17	Swansea Aquatics Long Course Meet 2017	Swansea	Ellesmere Co	1
5:10.76	626	H	28/04/18	Swim England West Midlands Championships	Coventry	Ellesmere Co	1
5:11.98	618	F	05/11/17	Midland Long Course Championships	Nottingham	Ellesmere Co	1
5:12.12	618	H	05/11/17	Midland Long Course Championships	Nottingham	Ellesmere Co	1
5:12.54	615	H	15/04/17	City of Leeds National Qualifier 2017	Leeds	Ellesmere Co	1
5:15.05	600	H	02/04/17	City of Sunderland National Qualifier 2017	Sunderland	Ellesmere Co	1
5:15.61	597	F	12/03/17	United Bristol Qual Level 1 Open Meet	Bristol	Ellesmere Co	1

## Swims in Date Order

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4:59.60	698	F	24/07/18	British Summer Championships	Sheffield	Co Liverpool	1
5:01.52	685	H	24/07/18	British Summer Championships	Sheffield	Co Liverpool	1
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5:10.76	626	H	28/04/18	Swim England West Midlands Championships	Coventry	Ellesmere Co	1
5:08.24	641	H	07/04/18	City of Liverpool Spring Open Meet	Liverpool	Co Liverpool	1
5:04.45	665	H	01/03/18	Edinburgh International Inc British Championships	Edinburgh		1
5:09.40	634	F	20/01/18	9e Trophe National des Hortillons	Amiens, France	Ellesmere Co	1
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5:12.12	618	H	05/11/17	Midland Long Course Championships	Nottingham	Ellesmere Co	1
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