

Individual Best Times (All Time)

Jessica Mcdonough - (740159) - Stockport Metro 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
4:28.82	671	F	04/08/17	Swim England National Summer Meet (50m)	Sheffield	Ellesmere Co	1
4:28.90	670	F	02/08/18	Swim England National Summer Meet	Sheffield	Co Liverpool	1
4:30.85	656	H	02/08/18	Swim England National Summer Meet	Sheffield	Co Liverpool	1
4:31.30	653	H	04/08/17	Swim England National Summer Meet (50m)	Sheffield	Ellesmere Co	1
4:31.58	651	H	12/01/20	City of Derby Eighteenth LC L1 Open Meet 2020	Sheffield	Stockport Mo	1
4:31.95	648	H	25/03/18	City of Sunderland National Qualifier	Sunderland	Ellesmere Co	1
4:32.18	646	H	25/01/20	Chester le Street & Derwentside Burns Meet 2020	Sheffield	Stockport Mo	1
4:33.58	636	H	03/03/18	Edinburgh International Inc British Championships	Edinburgh	Ellesmere Co	1
4:34.89	627	F	28/05/17	Cardiff International Open Meet 2017	Cardiff	Ellesmere Co	1
4:35.07	626	F	18/02/18	Team Bath Grand Prix	Bristol	Ellesmere Co	1
4:35.40	624	H	02/04/17	City of Sunderland National Qualifier 2017	Sunderland	Ellesmere Co	1
4:35.46	623	H	28/04/19	2019 SENW Summer Championships	Manchester	Stockport Mo	1
4:35.84	621	H	17/12/17	Swim England Winter Championships 2017	Sheffield	Ellesmere Co	1
4:36.04	620		21/01/18	9e Trophe National des Hortillons	Amiens, France	Ellesmere Co	1
4:36.60	616	H	12/05/18	Manchester Open Meet 2018	Manchester	Ellesmere Co	1
4:36.83	614	H	04/11/17	Midland Long Course Championships	Nottingham	Ellesmere Co	1
4:38.83	601	H	15/01/17	16th City of Derby Long Course Open Meet	Sheffield	Ellesmere Co	1
4:39.13	599	F	07/05/16	Manchester Open Meet 2016	Manchester	Southport	1
4:39.94	594	H	20/03/16	City of Sunderland National Qualifier	Sunderland	Southport	1
4:40.79	589	H	30/01/16	Lancashire County WPSA Age Group & Championships	Manchester	Southport	1
4:40.97	587	H	03/04/16	Stockport Metro Qualifying Window Meet 2016	Stockport	Southport	1
4:41.96	581		21/01/18	9e Trophe National des Hortillons	Amiens, France	Ellesmere Co	1
4:42.42	578	H	03/08/16	ASA Summer Nationals 2016	Sheffield	Southport	1
4:44.97	563	H	28/05/16	ASA North West Region Summer Championships	Manchester	Southport	1
4:46.44	554	H	05/05/18	Swim England West Midlands Championships	Coventry	Ellesmere Co	1
4:50.75	530	H	23/05/15	ASA 2015 North West Regional Championships	Liverpool		1
4:57.55	405	H	21/02/15	Lancashire County Age Group & Championships	Manchester		1

4:37.33	493	H	21/03/15	Lancashire County Age Groups & Championships	Manchester		
5:00.77	479	H	18/01/15	City of Liverpool Level 1 Winter Meet Plus	Liverpool	Southport	1
5:02.09	473	F	20/12/14	CO Manchester Aquatics Manchester Snow'pen	Manchester	Southport	1

Swims in Date Order

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