

# Individual Best Times (All Time)

Cara Hetherington - (742636) - Team Ipswich Swimming - 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
4:41.17	586	H	02/06/13	BGASA East Region Age Group Champs	Norwich	teamipswich	1
4:41.66	583	H	03/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	teamipswich	1
4:58.08	492	H	05/06/11	BG East Region Bagcat Championships	Norwich	teamipswich	1

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