

# Individual Best Times (All Time)

Lucy Parsons - (764393) - City of Liverpool 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
4:25.67	695	H	05/04/24	Speedo Aquatics GB Swimming Championships 2024	London	Co Liverpool	1
4:27.56	680	H	09/03/24	City of Sheffield SS Premier Open Meet 2024	Sheffield	Co Liverpool	1
4:28.19	676	H	11/05/24	ARENA Manchester Open Meet 2024	Manchester	Co Liverpool	1
4:28.85	671	H	23/07/23	British Summer Championships	Sheffield	Co Liverpool	1
4:29.05	669	F	23/07/23	British Summer Championships	Sheffield	Co Liverpool	1
4:29.21	668	H	21/04/24	SENW Regional Summer Championships 2024	Manchester	Co Liverpool	1
4:30.65	657	H	26/03/23	SE North West Regional Summer Championships 2023	Liverpool	Co Liverpool	1
4:30.82	656	H	01/04/23	City Of Liverpool National Meet 2023	Liverpool	Co Liverpool	1
4:31.24	653	H	12/03/23	Stockport Metro Spring Long Course Open Meet 2023	Stockport	Co Liverpool	1
4:33.29	638	H	28/01/23	Lancashire County Age Groups & Championships 2023	Liverpool	Prescot	1
4:33.42	637	H	08/04/23	British Swimming Championships 2023	Sheffield	Co Liverpool	1
4:36.97	613	H	27/07/22	British Summer Championships	Sheffield	Co Liverpool	1
4:37.51	610	H	19/03/22	City of Liverpool National Meet	Liverpool	Co Liverpool	1
4:37.98	607	H	27/03/22	SE North West Summer Regional Swimming Champs	Liverpool	Co Liverpool	1
4:38.89	601	H	22/01/22	Lancs County Age Groups & Championships 2022	Wavertree LC	Prescot	1
4:42.17	580	F	17/04/22	City of Leeds SC National Qualifier 2022	John Charles AC	Co Liverpool	1
4:42.19	580	H	17/04/22	City of Leeds SC National Qualifier 2022	John Charles AC	Co Liverpool	1
4:46.63	553	H	24/07/21	North West Summer Festival of Swimming	Manchester	Co Liverpool	1
4:50.57	531	H	25/01/20	Lancashire County Age Groups & County Champs	Manchester	Prescot	1
4:51.12	528	H	14/03/20	Liverpool Spring Open Meet 2020	Liverpool	Prescot	1
5:02.59	470	H	26/05/19	2019 SENW Summer Championships	Manchester	Prescot	1
5:09.03	441	H	26/01/19	Lancs County WPSA Age Groups & Championships 2019	Manchester	Prescot	1

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