

Individual Best Times (All Time)

Jessica Millar - (773674) - Preston Swimming Club - 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
4:40.31	592	H	29/04/18	2018 SENW Summer Championships	Manchester	Blackpool Aq	1
4:40.42	591	H	05/11/17	Swim England Noth West Region Winter Champs	Manchester	Blackpool Aq	1
4:42.08	581	H	07/04/18	Derventio Excel 12th Long Course Open Meet	Sheffield	Blackpool Aq	1
4:44.54	566	H	28/01/18	Luxembourg Meet 2018	Luxembourg		1
4:45.34	561	F	13/05/17	Manchester Open Meet 2017	Manchester	Preston	1
4:45.37	561	H	29/04/17	ASA North West Region Summer Championships	Manchester	Preston	1
4:46.36	555	H	04/02/17	Lancashire County Championships	Manchester	Preston	1
4:47.62	548	H	16/12/18	City of Leeds Xmas Meet 2018	Leeds	Blackpool Aq	3
4:49.98	534	H	28/04/19	2019 SENW Summer Championships	Manchester	Blackpool Aq	1
4:54.12	512	H	28/05/16	ASA North West Region Summer Championships	Manchester	Preston	1
4:54.46	510	H	09/04/16	Derventio Excel 10th Open Meet 2016	Sheffield	Preston	1
4:56.36	501	H	25/01/20	Lancashire County Age Groups & County Champs	Manchester	Preston	1
4:57.11	497	H	30/01/16	Lancashire County WPSA Age Group & Championships	Manchester	Preston	1
4:58.24	491	H	25/03/16	City of Sheffield Swim Squad Premier Meet	Sheffield	Preston	1
5:02.93	469	F	02/05/15	Manchester Open Meet 2015	Manchester	Preston	1
5:04.52	461	H	21/03/15	Lancashire County Age Groups & Championships	Manchester		1
5:12.90	425	F	20/12/14	CO Manchester Aquatics Manchester Snow'pen	Manchester	Preston	1

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