

Individual Best Times (All Time)

Alaina Ward - (781672) - Portsmouth Northsea 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
5:37.23	490		01/03/14	Hampshire County Championships	Portsmouth	Havant & Wat	1
5:41.19	473	F	01/12/13	Portsmouth Northsea Cracker Meet	Portsmouth	Havant & Wat	1
5:50.53	436		02/03/13	Hampshire County Championships	Portsmouth	Havant & Wat	1
5:53.94	423	F	30/03/13	Portsmouth Northsea Easter Festival 2013	Portsmouth	Havant & Wat	1
5:57.28	412	F	13/07/13	Portsmouth Northsea End of Season Meet	Portsmouth	Havant & Wat	3
6:06.52	381	F	15/12/12	Portsmouth & Northsea Christmas Cracker	Portsmouth	Havant & Wat	1
6:13.75	359		03/03/12	Hampshire County Championships	Portsmouth	Havant & Wat	1
6:14.59	357	F	07/10/12	Portsmouth Northsea SC Level 3 Open Meet	Portsmouth	Havant & Wat	3
6:18.58	346	F	14/07/12	Portsmouth Northsea End of Season Meet	Portsmouth	Havant & Wat	3
6:29.09	319	F	26/11/11	Portsmouth Northsea Christmas Cracker Meet	Portsmouth	Havant & Wat	1
6:58.19	256	F	23/04/11	Portsmouth Northsea Easter Swim Festival	Portsmouth	Havant & Wat	1

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