

Individual Best Times (All Time)

Jessica Cross - (806059) - Swansea University 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
5:15.50	598	H	09/02/20	Hampshire County Championships 2020	Portsmouth	Rushmoor Ryl	1
5:15.65	597	H	05/05/19	Swim England 15 Over Swimming Championships 2019	Wycombe	Rushmoor Ryl	1
5:21.05	567	F	25/05/19	City of Cardiff International Open Meet	Cardiff	Rushmoor Ryl	1
5:21.84	563	F	22/04/19	Swim Wales Long Course Championships	WNPS	Rushmoor Ryl	1
5:24.40	550	H	04/02/18	Hampshire County Championships 2018	Mountbatten LC	Rushmoor Ryl	1
5:26.02	542	F	15/07/17	Portsmouth Northsea End of Season Meet	Portsmouth	Alton & Dist	3
5:26.16	541	H	15/09/19	RRSC Club Championships 2019	Aldershot		4
5:27.03	537	F	31/03/18	Swim Wales LC Championships	Swansea	Rushmoor Ryl	1
5:27.68	534	H	27/05/18	London Swimming 2018 Long Course Summer Open	London	Rushmoor Ryl	1
5:30.50	520	H	07/02/16	Hampshire County Swimming Championships 2016	Portsmouth	Alton & Dist	1
5:37.96	486	H	26/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot	Alton & Dist	1
5:42.52	467		01/03/14	Hampshire County Championships	Portsmouth	Alton & Dist	1
5:46.72	450		09/06/13	ASA South East Region Age Group Championships 2013	Crawley	Alton & Dist	1
5:50.40	436	F	11/01/14	Portsmouth Northsea New Year Open Meet	Portsmouth	Alton & Dist	1
5:58.55	407	H	15/06/14	ASA South East Region Age Group Championships	Crawley	Alton & Dist	1
6:03.95	389	H	31/03/13	Rushmoor Royals & Hart SC Easter Open Meet	Aldershot	Alton & Dist	3

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