

Individual Best Times (All Time)

Freja Smith - (831912) - AquaJets Newcastle 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 |
|---------|--------|-------|----------|---|------------|-----------------|-------|
| 4:45.01 | 563 | H | 02/04/17 | City of Sunderland National Qualifier 2017 | Sunderland | Tynemouth | 1 |
| 4:45.76 | 558 | H | 25/02/17 | Northumberland & Durham SA 2017 Championships | Sunderland | Tynemouth | 1 |
| 4:52.58 | 520 | H | 28/05/16 | ASANER Regional Championships 2016 | Sheffield | Tynemouth | 1 |
| 4:56.02 | 502 | H | 27/02/16 | Northumberland & Durham County Champs | Sunderland | Tynemouth | 1 |
| 4:56.19 | 501 | H | 20/03/16 | City of Sunderland National Qualifier | Sunderland | Tynemouth | 1 |
| 4:57.89 | 493 | F | 28/05/16 | ASANER Regional Championships 2016 | Sheffield | Tynemouth | 1 |
| 4:58.13 | 492 | H | 27/05/17 | ASA North East Region Championships | Sunderland | Tynemouth | 1 |
| 4:59.54 | 485 | H | 17/01/16 | City of Sunderland New Year Meet | Sunderland | Tynemouth | 1 |
| 5:04.83 | 460 | H | 14/01/18 | City of Sunderland New Year Meet 2018 | Sunderland | AJ Newcastle | 1 |
| 5:15.50 | 415 | H | 22/02/14 | Northumberland & Durham SA County Champs | Sunderland | Tynemouth | 1 |
| 5:20.07 | 397 | H | 13/06/15 | ASA North East Regional Age Group Championships | Sheffield | | 1 |
| 5:20.16 | 397 | H | 12/01/14 | City of Sunderland New Year Meet 2014 | Sunderland | Tynemouth | 1 |
| 5:23.45 | 385 | H | 28/02/15 | Northumberland & Durham County Championships | Sunderland | | 1 |
| 5:24.25 | 382 | H | 20/04/14 | City of Leeds National Qualifying Meet 2014 | Leeds | Tynemouth | 1 |
| 5:30.18 | 362 | H | 14/06/14 | ASA North East Region BG Regional AG Champs | Sheffield | Tynemouth | 1 |
| 5:31.69 | 357 | H | 18/05/14 | City of Sunderland May Open 2014 | Sunderland | Tynemouth | 1 |

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