

# Individual Best Times (All Time)

Francesca Whiting - (837662) - Royal Tunbridge Wells Monson 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
4:34.86	628	H	24/07/21	South East Festival of Swimming 2021	Wycombe	RTW Monson	1
4:40.48	591	H	20/01/18	Kent Swimming Championships 2018	Crystal Palace	Sevenoaks	1
4:43.31	573	H	26/01/19	Kent Swimming Championships 2019	Crystal Palace	RTW Monson	1
4:43.98	569	H	23/01/16	Kent Swimming Championships 2016	Crystal Palace	Sevenoaks	1
4:45.14	562	F	10/03/18	WDSC Long Course Premier Open Meet	Wycombe	RTW Monson	1
4:45.26	561	H	15/05/16	ASA South East Region Swimming Championships	Crawley	Sevenoaks	1
4:45.54	560	H	21/01/17	Kent Swimming Championships	Crystal Palace	Sevenoaks	1
4:47.28	550	F	13/03/16	Wycombe Inaugural LC Premier Meet	Wycombe	Sevenoaks	1
4:48.23	544	H	17/04/16	Team Luton April Long Course Meet	Luton	Sevenoaks	1
4:51.41	526	H	28/06/15	ESSA Inter-Divisional Championships	Sunderland		1
4:52.39	521	H	23/05/15	ASASER Swimming Championships	Portsmouth	Sevenoaks	1
4:52.40	521	H	20/12/15	Northampton 2015 Long Course Winter Festival	Corby	Sevenoaks	1
4:52.80	519	F	30/05/15	Cardiff International Open Meet 2015	Cardiff	Sevenoaks	1
4:53.04	518	H	05/04/15	Beckenham Easter International Open 2015	Crystal Palace		1
4:55.85	503	H	18/10/14	Lincoln Vulcans Long Course L1 Meet	Sheffield		1
4:58.00	492	F	19/04/15	Crawley Spring LC Open Meet 2015	Crawley	Sevenoaks	1
4:58.77	488	H	31/05/14	ASA South East Region Age Group Championships	Crawley	Sevenoaks	1
5:03.76	465	H	11/05/14	Beckenham International Open Meet	London	Sevenoaks	1

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