

Individual Best Times (All Time)

Ellena Theobald - (856698) - Soundwell 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
4:38.43	604	F	19/11/17	Team Bath AS Autumn Level 1 & Level 3 Open Meet	Hengrove	Soundwell	1
4:44.29	567	F	08/04/17	City of Bristol International Open Meet	Bristol	Soundwell	1
4:46.15	556	F	31/10/15	City of Bristol SC Level 3 Open Meet	Hengrove	Soundwell	3
4:47.64	547	F	07/04/18	City of Bristol International Open Meet	Hengrove Park	Soundwell	1
4:47.95	546	H	30/05/15	ASASWR Summer Championships	Millfield		1
4:48.87	541	H	05/05/18	ASA SWR Summer Championships	Plymouth	Soundwell	1
4:51.11	528	H	29/04/17	ASA SWR Summer Championships	Plymouth	Soundwell	1
4:52.04	523	F	10/03/18	UBSC National Qualifier Level 1 Open Meet	Hengrove	Soundwell	1
4:54.49	510	H	12/03/17	ESSA 67th National Inter-Divisiona Championships	Liverpool		1
4:57.03	497	H	21/12/14	Northampton Winter Festival Meet	Corby		1
4:57.27	496	F	15/11/14	Aquae Sulis Grand Prix	Bristol	Soundwell	1
5:01.75	474	H	14/06/14	ASA South West Region AG Championships	Bristol	Soundwell	1
5:09.92	438	F	21/12/13	Plymouth Leander Level 1 LC Open 2013	Plymouth	Soundwell	1
5:20.28	396	F	13/04/13	City of Bristol Level One Open Meet	Bristol	Soundwell	1

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