

# Individual Best Times (All Time)

Amy Pemberton - (886242) - Berkhamsted 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
4:26.02	692	F	02/08/19	Swim England National Summer Meet	Sheffield	Plymouth Lea	1
4:30.35	659	F	31/03/19	PL Spring Regional Qualifier L1 & L3 Open 2019	Plymouth	Plymouth Lea	1
4:31.06	654	F	27/05/19	Plymouth Leander National Qualifier L1 LC Open	Plymouth	Plymouth Lea	1
4:31.13	654	F	17/02/19	Swansea Aquatics Spring Long Course 2019	WNPS	Plymouth Lea	1
4:31.51	651	H	02/08/19	Swim England National Summer Meet	Sheffield	Plymouth Lea	1
4:33.85	634		08/02/20	Arena Lisbon International Meet	Lisbon	Plymouth Lea	1
4:34.60	629	H	04/05/19	ASA SWR Summer Championships	Plymouth	Plymouth Lea	1
4:37.15	612		08/02/20	Arena Lisbon International Meet	Lisbon	Plymouth Lea	1
4:47.57	548	H	17/07/22	Team Luton Summer Long Course Meet 2022	Luton	Berkhamsted	3
4:57.27	496	H	29/04/17	ASA East Long Course Championships	Luton	Berkhamsted	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:47.57	548	H	17/07/22	Team Luton Summer Long Course Meet 2022	Luton	Berkhamsted	3
4:33.85	634		08/02/20	Arena Lisbon International Meet	Lisbon	Plymouth Lea	1
4:37.15	612		08/02/20	Arena Lisbon International Meet	Lisbon	Plymouth Lea	1
4:26.02	692	F	02/08/19	Swim England National Summer Meet	Sheffield	Plymouth Lea	1
4:31.51	651	H	02/08/19	Swim England National Summer Meet	Sheffield	Plymouth Lea	1
4:31.06	654	F	27/05/19	Plymouth Leander National Qualifier L1 LC Open	Plymouth	Plymouth Lea	1
4:34.60	629	H	04/05/19	ASA SWR Summer Championships	Plymouth	Plymouth Lea	1
4:30.35	659	F	31/03/19	PL Spring Regional Qualifier L1 & L3 Open 2019	Plymouth	Plymouth Lea	1
4:31.13	654	F	17/02/19	Swansea Aquatics Spring Long Course 2019	WNPS	Plymouth Lea	1
4:57.27	496	H	29/04/17	ASA East Long Course Championships	Luton	Berkhamsted	1