

Individual Best Times (All Time)

Bethan Cooke - (887673) - City of Birmingham 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
4:42.11	580	H	15/01/23	City of Derby SC 19th LC Open Meet 2023	Sheffield	Chase	1
4:44.81	564	H	02/08/19	Swim England National Summer Meet	Sheffield	Chase	1
4:45.40	560	F	11/05/19	West Midlands LC Championships 2019	Coventry	Chase	1
4:45.98	557	H	07/05/23	West Midland Regional Summer Championships 2023	Coventry	Chase	1
4:49.82	535	H	30/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	Chase	1
4:50.37	532	H	11/05/19	West Midlands LC Championships 2019	Coventry	Chase	1
4:51.83	524	H	13/03/22	Stockport Metro Spring Long Course Open Meet 2022	Stockport	Chase	1
4:52.04	523	H	01/03/20	ESSA 70th National Inter-Divisional Championships	Sheffield		1
4:55.13	507	H	20/12/19	Northampton Swimming Club Winter Festival	Corby	Chase	1
4:57.29	496	H	18/12/21	Northampton Swimming Club Winter Festival 2021	Corby	Chase	1
4:59.27	486	H	13/01/19	City of Derby 17th Long Course Level 1 Open Meet	Sheffield	Chase	1
5:00.86	478	H	12/01/20	City of Derby Eighteenth LC L1 Open Meet 2020	Sheffield	Chase	1
5:09.08	441	H	25/07/21	West Midlands Region Festival of Swimming 2021	Coventry	Chase	1
5:14.94	417	H	05/05/18	Swim England West Midlands Championships	Coventry	Chase	1

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