

Individual Best Times (All Time)

Laura Childs - (898542) - City of Cardiff - 400 Individual Medley - 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
5:32.92	509	F	04/08/16	Swim Wales Summer Nationals	Swansea	Co Cardiff	1
5:33.88	504	F	26/03/16	Swim Wales Long Course Championships	Swansea	Co Cardiff	1
5:39.73	479	F	27/05/16	City of Cardiff Open Meet	Cardiff	Co Cardiff	1
5:44.10	461	F	18/06/17	Torfaen Dolphins Non National Qualifier	Cardiff	Co Cardiff	3
5:47.22	448	F	26/07/15	Swim Wales Summer Open Meet	Swansea	Co Cardiff	1
6:03.07	392	F	22/03/15	City of Cardiff Tiger Bay Meet	Cardiff	Co Cardiff	3
6:14.41	358	F	05/08/14	Swim Wales Summer Nationals 2014	Swansea	Co Cardiff	1
6:24.96	329	F	16/11/14	Welsh Capital Open Meet	Cardiff	Co Cardiff	1
6:38.88	296	F	19/01/14	Exeter January Meet	Cardiff	Co Cardiff	1
7:03.88	246	F	14/07/13	Plymouth Leander Non-National Qualifiers Meet	Plymouth	Co Cardiff	3
7:07.18	241	F	28/09/13	City of Cardiff Club Championships	Cardiff	Co Cardiff	4

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