

Individual Best Times (All Time)

Laura Childs - (898542) - City of Cardiff - 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
4:56.90	498	F	14/04/17	Swim Wales Long Course Championships	Swansea	Co Cardiff	1
4:57.46	495	F	04/08/17	Swim Wales Summer Nationals	Swansea	Co Cardiff	1
5:02.16	472	F	03/08/18	Swim Wales Summer Nationals	Swansea	Co Cardiff	1
5:04.11	463	F	06/01/18	UBSC New Year Level 1 Open Meet	Hengrove	Co Cardiff	1
5:04.39	462	F	12/05/18	Swansea Aquatics Long Course Meet 2018	WNPS	Co Cardiff	1
5:16.77	410	F	21/03/15	City of Cardiff Tiger Bay Meet	Cardiff	Co Cardiff	3
5:32.34	355	F	10/01/15	United Bristol New Year Open Meet	Hengrove	Co Cardiff	1
5:32.97	353	F	06/08/14	Swim Wales Summer Nationals 2014	Swansea	Co Cardiff	1
5:38.65	335	F	22/03/14	Tiger Bay Open Meet 2014	Cardiff	Co Cardiff	3
5:40.44	330	F	19/04/14	Welsh Age Group & Youth Championships	WNPS	Co Cardiff	1
5:46.69	312	F	20/09/14	City of Cardiff Club Championships	Cardiff	Co Cardiff	4
6:17.74	241	F	21/09/13	City of Cardiff Club Championships	Cardiff	Co Cardiff	4
7:12.30	161	F	22/09/12	City of Cardiff SC Club Championships	Cardiff	Co Cardiff	4

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