

# Individual Best Times (All Time)

Abbie Winstanley - (906764) - City of Manchester Aquatics - 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
4:43.59	571	H	28/04/19	2019 SENW Summer Championships	Manchester	Cockermouth	1
4:46.85	552	H	15/03/20	Stockport Metro Qualifying Open Meet	Grand Central Pools	Cockermouth	1
4:49.90	535	H	28/05/16	ASA North West Region Summer Championships	Manchester	Workington	1
4:50.41	532	H	05/11/17	Swim England Noth West Region Winter Champs	Manchester	Workington	1
4:56.22	501	H	02/04/17	Stockport Metro Qualifying Window Meet	Stockport	Cockermouth	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:46.85	552	H	15/03/20	Stockport Metro Qualifying Open Meet	Grand Central Pools	Cockermouth	1
4:43.59	571	H	28/04/19	2019 SENW Summer Championships	Manchester	Cockermouth	1
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