

Individual Best Times (All Time)

Thea O'keefe - (913413) - Swim Bournemouth - 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
4:25.70	695	H	05/05/18	ASA SWR Summer Championships	Plymouth	Poole	1
4:25.99	692	H	28/07/18	British Summer Championships	Sheffield	Poole	1
4:26.86	686	F	28/07/18	British Summer Championships	Sheffield	Poole	1
4:27.49	681		28/06/18	Bulgarian National Championships	Bulgaria	Poole	1
4:27.55	680	F	04/08/17	Swim England National Summer Meet (50m)	Sheffield	Poole	1
4:28.85	671	F	29/05/17	The Plymouth Leander 2017	Plymouth	Poole	1
4:29.49	666	H	04/08/17	Swim England National Summer Meet (50m)	Sheffield	Poole	1
4:30.22	660	H	04/05/19	ASA SWR Summer Championships	Plymouth	Poole	1
4:30.76	656		28/06/18	Bulgarian National Championships	Bulgaria	Poole	1
4:31.02	655	F	31/03/18	Millfield Super Series	Millfield	Poole	1
4:31.79	649	F	10/03/18	UBSC National Qualifier Level 1 Open Meet	Hengrove	Poole	1
4:32.19	646	F	08/07/17	Golden Bear International	Zabreb	Poole	1
4:32.48	644	F	28/05/18	Plymouth Leander Level 1 National Qualifier	Plymouth	Poole	1
4:32.85	642	F	24/03/19	Millfield Street Super Series (LC)	Millfield	Poole	1
4:33.10	640	F	28/05/16	Plymouth Leander Level 1 National Qualifier 2016	Plymouth	Poole	1
4:33.42	637	F	19/04/19	Portsmouth Northsea Easter Meet	Mountbatten SC	Poole	1
4:33.57	636	F	24/04/16	Millfield & Taunton Super Series	Millfield	Poole	1
4:34.14	632	H	25/03/17	City of Sheffield Premier Meet	Sheffield	Poole	1
4:34.23	632	H	30/07/16	British Summer Championships	Sheffield	Poole	1
4:34.32	631	H	29/04/17	ASA SWR Summer Championships	Plymouth	Poole	1
4:34.50	630	H	26/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	Poole	1
4:35.56	623	F	19/03/17	Millfield School Super Series (LC)	Millfield	Poole	1
4:35.66	622	F	14/03/20	Millfield & Team Bath AS L1 National Qualifier	Millfield School	Poole	1
4:35.79	621	F	25/03/16	Portsmouth Northsea Easter Festival	Portsmouth	Poole	1
4:36.43	617	H	04/11/17	ASA SWR LC Winter Championships	Millfield	Poole	1
4:36.52	616	F	27/05/19	Plymouth Leander National Qualifier L1 LC Open	Plymouth	Poole	1
4:36.61	614	H	21/01/18	Flanders Swimming Cup	Antwerp, Belgium	Poole	1

4:36.91	614	H	21/01/18	Flanders Swimming Cup	Antwerp, Belgium		
4:37.20	612	H	27/07/19	British Summer Championships	Glasgow	Poole	1
4:37.55	609	F	15/04/17	Exeter City SC & Taunton Deane SC	Street	Poole	1
4:38.54	603	H	30/04/16	ASA SWR Summer Championships	Plymouth	Poole	1
4:39.05	600	H	07/02/16	Derwentio Excel February Festival 2016	Sheffield	Poole	1
4:41.43	585	F	23/05/15	Plymouth Level 1 Long Course Open Meet	Plymouth	Poole	1
4:44.43	566	F	07/01/17	UBSC New Year L1 Open Meet	Bristol	Poole	1
4:44.60	565	F	06/01/18	UBSC New Year Level 1 Open Meet	Hengrove	Poole	1
4:45.17	562	H	02/05/15	ASA South West Summer Championships	Plymouth		1
4:47.07	551	F	04/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	Poole	1
4:48.87	541	F	07/02/15	Aquae Sulis Spring Grand Prix	Bristol	Poole	1
4:49.14	539	F	15/11/14	Welsh Capital Open Meet	Cardiff	Poole	1
4:57.09	497	F	18/04/14	Portsmouth Northsea Easter Swim Festival	Portsmouth	Poole	1
4:57.52	495	H	14/06/14	ASA South West Region AG Championships	Bristol	Poole	1

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