

Individual Best Times (All Time)

Alexandra Palotai-Avella - (916714) - Seagulls Swimming Club - 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
4:39.41	597	F	02/08/18	Swim England National Summer Meet	Sheffield	S Bournem'th	1
4:40.10	593	H	19/05/18	ASA SWR Summer Championships	Millfield	S Bournem'th	1
4:40.27	592	F	13/03/22	Team Bath & Millfield National Qualifier L1 Meet	Millfield		1
4:40.52	590	H	14/05/17	ASA SWR Summer Championships	Bristol	Bourmth Coll	1
4:40.52	590	H	14/05/17	ASA SWR Summer Championships	Millfield	Bourmth Coll	1
4:41.09	587	H	02/08/18	Swim England National Summer Meet	Sheffield	S Bournem'th	1
4:42.07	581	F	14/03/20	Millfield & Team Bath AS L1 National Qualifier	Millfield School	Seagulls SC	1
4:44.40	566	F	15/04/17	Exeter City SC & Taunton Deane SC	Street	Bourmth Coll	1
4:44.85	564	F	24/03/19	Millfield Street Super Series (LC)	Millfield	Poole	1
4:46.09	556	F	19/03/17	Millfield School Super Series (LC)	Millfield	Bourmth Coll	1
4:46.26	555	H	04/08/17	Swim England National Summer Meet (50m)	Sheffield	Bourmth Coll	1
4:49.13	539	F	30/03/18	Portsmouth Northsea Easter Meet	Mountbatten SC	S Bournem'th	1
4:57.49	495	F	26/03/16	Exeter City Easter Meet 2016	Millfield	S Bournem'th	1
4:58.67	489	H	14/05/16	ASA SWR Summer Championships	Bristol	S Bournem'th	1
4:58.67	489	H	22/05/16	ASA SWR Summer Championships	Millfield	S Bournem'th	1
5:07.97	446	F	09/01/16	United Bristol New Year Open Meet	Bristol	S Bournem'th	1
5:46.53	313	F	10/01/15	United Bristol New Year Open Meet	Hengrove	S Bournem'th	1
5:46.55	313	F	18/04/14	Portsmouth Northsea Easter Swim Festival	Portsmouth	S Bournem'th	1
5:47.06	311	F	20/07/14	Portsmouth Northsea SC PN End of Season Meet	Portsmouth	S Bournem'th	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:40.27	592	F	13/03/22	Team Bath & Millfield National Qualifier L1 Meet	Millfield		1
4:42.07	581	F	14/03/20	Millfield & Team Bath AS L1 National Qualifier	Millfield School	Seagulls SC	1
4:44.85	564	F	24/03/19	Millfield Street Super Series (LC)	Millfield	Poole	1
4:39.41	597	F	02/08/18	Swim England National Summer Meet	Sheffield	S Bournem'th	1

4:41.09	587	H	02/08/18	Swim England National Summer Meet	Sheffield	S Bournem'th	1
4:40.10	593	H	19/05/18	ASA SWR Summer Championships	Millfield	S Bournem'th	1
4:49.13	539	F	30/03/18	Portsmouth Northsea Easter Meet	Mountbatten SC	S Bournem'th	1
4:46.26	555	H	04/08/17	Swim England National Summer Meet (50m)	Sheffield	Bourmth Coll	1
4:40.52	590	H	14/05/17	ASA SWR Summer Championships	Bristol	Bourmth Coll	1
4:40.52	590	H	14/05/17	ASA SWR Summer Championships	Millfield	Bourmth Coll	1
4:44.40	566	F	15/04/17	Exeter City SC & Taunton Deane SC	Street	Bourmth Coll	1
4:46.09	556	F	19/03/17	Millfield School Super Series (LC)	Millfield	Bourmth Coll	1
4:58.67	489	H	22/05/16	ASA SWR Summer Championships	Millfield	S Bournem'th	1
4:58.67	489	H	14/05/16	ASA SWR Summer Championships	Bristol	S Bournem'th	1
4:57.49	495	F	26/03/16	Exeter City Easter Meet 2016	Millfield	S Bournem'th	1
5:07.97	446	F	09/01/16	United Bristol New Year Open Meet	Bristol	S Bournem'th	1
5:46.53	313	F	10/01/15	United Bristol New Year Open Meet	Hengrove	S Bournem'th	1
5:47.06	311	F	20/07/14	Portsmouth Northsea SC PN End of Season Meet	Portsmouth	S Bournem'th	3
5:46.55	313	F	18/04/14	Portsmouth Northsea Easter Swim Festival	Portsmouth	S Bournem'th	1