

Individual Best Times (All Time)

Tilly Anema - (931590) - City of Norwich SC - 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
4:39.67	596	F	04/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich		1
4:40.53	590	H	23/05/15	ASA East Region Summer Championships	Norwich	Norwich Swan	1
4:40.77	589	F	09/08/15	ASA Summer Nationals 2015	Sheffield	Norwich Swan	1
4:41.32	585	H	16/05/15	Northampton Spring Festival	Corby	Norwich Swan	1
4:42.56	578	H	01/02/20	Norfolk County Championships 2019	Norwich	Co Norwich	1
4:42.73	577	F	26/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	Norwich Swan	1
4:43.53	572	F	06/02/16	UEA City of Norwich Groundhog Meet 2016	Norwich		1
4:43.83	570	H	09/08/15	ASA Summer Nationals 2015	Sheffield	Norwich Swan	1
4:43.84	570	H	30/04/16	ASA East Region Long Course Championships	Norwich	Norwich Swan	1
4:44.71	565	H	14/04/18	N&EL L1 National Qualifying Meet	London		1
4:44.75	564	H	02/02/19	Norfolk County Championships 2019	Norwich	Co Norwich	1
4:45.37	561	F	15/04/17	UEA City of Norwich Easter LC Meet	Norwich	Norwich Swan	1
4:45.79	558	H	04/05/19	Swim England East Region Long Course Champs	Inspire Luton	Co Norwich	1
4:47.02	551	H	21/12/14	Derventio Excel 2nd Christmas Cracker	Sheffield	Norwich Swan	1
4:47.35	549	H	03/08/14	BG ASA National Age Groups Champs 2014	Sheffield	Norwich Swan	1
4:47.69	547	H	29/04/17	ASA East Long Course Championships	Luton	Norwich Swan	1
4:47.95	546	F	31/03/18	City of Norwich Easter Long Course Meet	Norwich	Co Norwich	1
4:48.42	543	H	25/03/17	City of Sheffield Premier Meet	Sheffield	Norwich Swan	1
4:49.58	537	F	20/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	Norwich Swan	1
4:49.69	536	H	22/05/16	Nova Centurion May Level 1 Long Course Open Meet	Nottingham	Norwich Swan	1
4:50.06	534	F	07/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich		1
4:50.18	533	H	08/06/14	BGASA East Region Championships 2014	Norwich	Norwich Swan	1
4:51.00	529	H	25/05/14	Team Luton Last Chance National Qualifier 2014	Luton	Norwich Swan	1
4:51.25	527	H	05/04/14	Derventio Excel 8th LC Open Meet	Sheffield	Norwich Swan	1
4:51.35	527	H	07/01/18	Norfolk County Championships 2018	Norwich	Co Norwich	1
4:55.15	507	F	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	Norwich Swan	1
5:04.06	450	H	21/12/14	Derventio Excel Christmas Cracker Meet	Sheffield	Norwich Swan	1

3:04.36	433	H	21/12/13	Derventio Excel Christmas Cracker Meet	Sheffield	Norwich Swan	1
5:05.29	458	F	02/11/13	UEA City of Norwich Big Bang Open Meet	Norwich	Norwich Swan	1
5:21.41	392	H	02/06/13	BGASA East Region Age Group Champs	Norwich	Norwich Swan	1
5:25.82	377	F	31/03/13	City of Norwich SC Easter Meet 2013	Norwich	Norwich Swan	1

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