

Individual Best Times (All Time)

Ellie Wheeler - (964002) - Basildon and Phoenix SC - 400 Individual Medley - 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
5:00.11	695	H	30/04/17	ASA East Long Course Championships	Luton	Basildon Ph	1
5:00.50	692	H	28/10/17	Essex Senior Winter Championships 2017	Basildon	Basildon Ph	1
5:03.23	674	H	18/04/17	British Swimming Championships 2017	Sheffield	Basildon Ph	1
5:03.44	672	H	20/01/18	Essex Age Group Championships 2018	Basildon	Basildon Ph	1
5:04.01	668	H	26/03/17	City of Sheffield Premier Meet	Sheffield	Basildon Ph	1
5:04.82	663	H	25/03/18	ESSA 68th National Inter-Divisional Championships	Crawley		1
5:05.32	660	H	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	Basildon Ph	1
5:05.38	659	H	25/07/17	British Summer Championships	Sheffield	Basildon Ph	1
5:05.48	659	H	01/03/18	Edinburgh International Inc British Championships	Edinburgh	Basildon Ph	1
5:05.79	657	H	13/12/17	Swim England Winter Championships 2017	Sheffield	Basildon Ph	1
5:06.22	654	H	21/01/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1
5:06.22	654	H	21/01/17	Essex Age Group Championships	London	Basildon Ph	1
5:06.22	654	H	21/01/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1
5:06.55	652	H	29/02/20	ESSA 70th National Inter-Divisional Championships	Sheffield		1
5:06.80	650	F	25/07/17	British Summer Championships	Sheffield	Basildon Ph	1
5:07.02	649	H	24/07/18	British Summer Championships	Sheffield	Basildon Ph	1
5:08.74	638	H	31/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	Basildon Ph	1
5:09.17	635	H	28/06/18	Scottish National Open Championships	Tollcross	East Region	1
5:09.51	633	F	13/12/17	Swim England Winter Championships 2017	Sheffield	Basildon Ph	1
5:10.12	630	H	23/07/19	British Summer Championships	Glasgow	Basildon Ph	1
5:10.26	629	C	28/06/18	Scottish National Open Championships	Tollcross	East Region	1
5:11.40	622	H	23/03/19	ESSA 69th National Inter-Divisional Championships	Crawley		1
5:14.21	605	H	06/05/18	East Swimming Long Course Championships 2018	Norwich	Basildon Ph	1
5:19.07	578	H	20/02/16	Essex Age Group Championships 2016	Basildon	Basildon Ph	1
5:19.07	578	H	14/05/16	Team Luton May Long Course Meet	Luton	Basildon Ph	1
5:19.21	577	H	31/07/21	British Swimming Festival of Swimming East Region	UEA Norwich	Basildon Ph	1
5:00.00	570	H	26/02/16	Basildon & Phoenix Easter LC Meet 2016	Basildon	Basildon Ph	1

5:20.55	570	H	20/03/16	Basildon & Phoenix Easter LC Meet 2016	Basildon	Basildon Ph	1
5:21.34	566	H	14/04/18	N&EL L1 National Qualifying Meet	London	Basildon Ph	1
5:21.37	566	H	29/05/16	ASA East Region Long Course Championships	Luton	Basildon Ph	1
5:24.21	551	H	16/04/16	Team Luton April Long Course Meet	Luton	Basildon Ph	1
5:24.85	548	H	01/08/16	ASA Summer Nationals 2016	Sheffield	Basildon Ph	1
5:45.35	456	H	24/05/15	ASA East Region Summer Championships	Norwich		1
5:59.15	405	H	04/04/15	Basildon & Phoenix LC Easter Meet	Basildon		1
6:30.68	315	H	19/07/14	Basildon & Phoenix End of Season Meet	Basildon		3

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