

# Individual Best Times (All Time)

Aimee Hood - (964341) - City of Birmingham 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
4:16.45	773	F	27/07/22	British Summer Championships	Sheffield	Co Birm'ham	1
4:17.67	762	F	09/04/22	British Championships 2022	Sheffield	Co Birm'ham	1
4:18.40	755		11/03/23	Swedish Grand Prix 2023	Kungsbacka	S Eng Reg	1
4:19.85	743	H	27/07/22	British Summer Championships	Sheffield	Co Birm'ham	1
4:20.64	736	H	25/06/22	City of Sheffield Swim Squad Team Steel Meet 2022	Sheffield	Co Birm'ham	1
4:20.87	734		17/05/22	19th ISF Gymnasiade School Summer Games	Normandy	Redditch	3
4:21.07	732	F	10/02/23	Middle East Junior and Open Championships 2023	Hamdan		1
4:21.07	732	F	08/04/23	British Swimming Championships 2023	Sheffield	Co Birm'ham	1
4:21.57	728	F	07/05/22	West Midlands Region 2022 Regional Championships	Coventry	Co Birm'ham	1
4:21.90	725	H	09/04/22	British Championships 2022	Sheffield	Co Birm'ham	1
4:22.11	724	F	14/03/20	Millfield & Team Bath AS L1 National Qualifier	Millfield School	Co Birm'ham	1
4:22.37	722	H	08/04/23	British Swimming Championships 2023	Sheffield	Co Birm'ham	1
4:22.43	721	H	19/03/22	Derventio eXcel March Open Meet	Sheffield	Co Birm'ham	1
4:23.11	715	H	18/12/21	Northampton Swimming Club Winter Festival 2021	Corby	Co Birm'ham	1
4:23.25	714	H	10/02/23	Middle East Junior and Open Championships 2023	Hamdan		1
4:23.32	714	H	29/02/20	ESSA 70th National Inter-Divisional Championships	Sheffield		1
4:23.83	710	H	13/03/22	71st ESSA National Inter-Divisional Championships	Coventry		1
4:24.34	706	H	07/05/22	West Midlands Region 2022 Regional Championships	Coventry	Co Birm'ham	1
4:24.44	705		27/01/23	23rd Luxembourg Euro Meet 2023	Luxembourg		1
4:24.82	702	H	25/01/20	Chester le Street & Derwentside Burns Meet 2020	Sheffield	Co Birm'ham	1
4:25.26	698		17/05/22	19th ISF Gymnasiade School Summer Games	Normandy	Redditch	3
4:25.59	696	H	25/07/21	West Midlands Region Festival of Swimming 2021	Coventry	Co Birm'ham	1
4:27.66	680	F	27/07/19	British Summer Championships	Glasgow	Co Birm'ham	1
4:28.46	674	F	26/05/19	City of Cardiff International Open Meet	Cardiff	Co Birm'ham	1
4:28.74	671	H	16/04/21	British Swimming Selection Trials 2021	London	Co Birm'ham	1
4:29.58	665	F	14/04/19	City of Leeds National Qualifier 2019	Leeds	Co Birm'ham	1
4:29.64	662	F	11/05/19	West Midlands LC Championships 2019	Coventry	Co Birm'ham	1

4:30.04	662	F	11/03/19	West Midlands LC Championships 2019	Coventry	Co Birm'ham	1
4:30.24	660	H	11/05/19	West Midlands LC Championships 2019	Coventry	Co Birm'ham	1
4:30.46	659	H	27/07/19	British Summer Championships	Glasgow	Co Birm'ham	1
4:30.74	657	H	26/01/19	Chester le Street ASC and Derwentside Burns Meet	Sheffield	Co Birm'ham	1
4:32.15	646	F	18/01/19	10e Trophée National des Hortillons	France		1
4:33.14	639	H	14/04/19	City of Leeds National Qualifier 2019	Leeds	Co Birm'ham	1
4:34.67	629	F	23/03/19	Wycombe Swimming's 4th LC Premier Meet	Wycombe	Co Birm'ham	1
4:35.21	625	H	18/01/19	10e Trophée National des Hortillons	France		1
4:36.02	620	H	31/03/18	Beckenham SC 125th Anniversary International Open	London	Co Coventry	1
4:36.09	619	H	28/07/18	British Summer Championships	Sheffield	Co Coventry	1
4:37.40	610	H	05/05/18	Swim England West Midlands Championships	Coventry	Co Coventry	1
4:37.55	609	F	05/05/18	Swim England West Midlands Championships	Coventry	Co Coventry	1
4:42.18	580	H	28/01/18	Warwickshire ASA Swimming Championships 2018	Coventry	Co Coventry	1
4:44.55	566	H	25/03/18	ESSA 68th National Inter-Divisional Championships	Crawley		1
4:45.74	558	H	25/03/17	City of Sheffield Premier Meet	Sheffield	Co Coventry	1
4:46.67	553	F	28/05/17	Cardiff International Open Meet 2017	Cardiff	Co Coventry	1
4:51.61	525	H	29/04/17	West Midland Championships	Coventry	Co Coventry	1
4:52.04	523	H	03/12/17	City of Coventry Winter Open Meet 2017	Coventry	Co Coventry	3
4:54.58	510	H	27/11/16	City of Coventry November Open Meet	Coventry	Co Coventry	3
5:06.26	453	H	25/03/16	City of Sheffield Swim Squad Premier Meet	Sheffield	Co Coventry	1
5:08.51	444	F	24/04/16	Millfield & Taunton Super Series	Millfield		1
5:10.33	436	H	21/05/16	West Midlands ASA Championships	Coventry	Co Coventry	1
5:10.41	436	H	20/12/15	Northampton 2015 Long Course Winter Festival	Corby	Redditch	1
5:33.10	352	H	10/05/15	City of Coventry May Open Meet	Coventry		1
5:59.49	280	F	17/05/14	COBEXE May Meet 2014	Hengrove	Redditch	1

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