

Individual Best Times (All Time)

Katie Lancaster - (1101235) - City of Linc Pentaqua SC - 400 Freestyle - Short 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
4:53.57	489	H	28/10/17	Lincoln Vulcans 400's Time Trials	Yarborough	Lincoln Vulc	4
5:03.44	442	H	22/11/15	Boston ASC Club 11th Open Meet	Grantham	Lincoln Vulc	3
5:05.15	435	H	24/01/16	Lincolnshire County Championships 2016	Grantham	Lincoln Vulc	2
5:05.39	434	H	30/09/16	Cambridge Grand Prix Regional & National Qualifier	Cambridge	Lincoln Vulc	2
5:09.21	418	H	06/03/16	Worksop Dolphins The 8th Spring Open Meet	Worksop	Lincoln Vulc	3
5:33.07	334	H	08/03/15	Lincolnshire County ASA Swimming Championships	Louth	Lincoln Vulc	2
5:33.55	333	H	13/12/14	City of Bradford Level 3 Winter Meet	ShIPLEY	Lincoln Vulc	3
5:44.75	302	H	04/01/15	Boston 10th Open Meet	Grantham	Lincoln Vulc	3

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