

# Individual Best Times (All Time)

Natasha Holroyd - (1115638) - Rushmoor Royals 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
4:34.03	601	H	03/11/19	Swim England South East Open Junior Championships	Portsmouth	Rushmoor Ryl	2
4:34.08	601	F	16/11/19	Swim Bourenmouth L2 Winter Short Course	Littledown Centre	Rushmoor Ryl	2
4:36.40	586	H	06/10/19	Rushmoor Royals Autumn County Chaser 2019	Aldershot	Rushmoor Ryl	3
4:36.80	583	F	03/11/18	City of Cardiff Capital Open Meet	Cardiff	Rushmoor Ryl	2
4:38.06	575	H	10/02/19	Hampshire County ASA Championships 2019	Portsmouth	Rushmoor Ryl	2
4:43.81	541	H	02/12/17	Windsor L3 County Chaser Meet	Maidenhead	Windsor	3
4:44.46	537	F	11/03/18	Hart SC Spring Level 3 Open Meet	Hart	Rushmoor Ryl	3
4:45.67	530	H	29/09/18	RR Winter National & Regional Qualifier L2 Meet	Hart	Rushmoor Ryl	2
4:46.53	526	H	23/06/18	Rushmoor Royals Club Championships 2018	Aldershot		4
4:49.15	511	H	07/05/16	Windsor Spring Level 3 Meet	Windsor	Windsor	3
4:50.25	506	H	06/02/16	Berkshire & Sth Bucks 2016 County Championships	Maidenhead	Windsor	2
4:50.61	504	H	04/03/17	Windsor Level 3 Last Chance County Qualifier	Maidenhead	Windsor	3
4:55.97	477	H	15/01/17	Berks & Sth Bucks ASA 2017 County Championships	Wycombe	Windsor	2
4:57.16	471	F	21/11/15	Aquae Sulis Grand Prix	Bristol	Windsor	2
4:57.64	469	H	16/06/16	Windsor Club Championships	Windsor	Windsor	4
5:03.33	443	H	26/11/15	Windsor SC Club Championships	Windsor		4
5:12.34	406	F	03/10/15	City of Southampton SC 15th James Moreno Open Meet	Southampton	Windsor	2
7:07.10	158	H	21/11/13	Windsor Club Championships	Windsor	Windsor	4

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