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 F 4:34.03 601 4:34.08 601 4:36.40 586 4:36.80 583 4:38.06 575	1 H 1 F 6 H 3 F	Date 03/11/19 16/11/19 06/10/19 03/11/18	Meet Swim England South East Open Junior Championships Swim Bourenmouth L2 Winter Short Course Rushmoor Royals Autumn County Chaser 2019 City of Cardiff Capital Open Meet	Venue Portsmouth Littledown Centre Aldershot	Club Swam Under Rushmoor Ryl Rushmoor Ryl Rushmoor Ryl	Level 2 2 3
4:34.08 601 4:36.40 586 4:36.80 583 4:38.06 575	1 F 6 H 3 F	16/11/19 06/10/19 03/11/18	Swim Bourenmouth L2 Winter Short Course Rushmoor Royals Autumn County Chaser 2019	Littledown Centre Aldershot	Rushmoor Ryl Rushmoor Ryl	2
4:36.40 586 4:36.80 583 4:38.06 575	6 H 3 F	06/10/19 03/11/18	Rushmoor Royals Autumn County Chaser 2019	Aldershot	Rushmoor Ryl	
4:36.80 583 4:38.06 575	3 F	03/11/18	, ,		5	3
4:38.06 575			City of Cardiff Capital Open Meet	Candiff		
	5 Н	10/00/10		Cardiff	Rushmoor Ryl	2
		10/02/19	Hampshire County ASA Championships 2019	Portsmouth	Rushmoor Ryl	2
4:43.81 541	1 Н	02/12/17	Windsor L3 County Chaser Meet	Maidenhead	Windsor	3
4:44.46 537	7 F	11/03/18	Hart SC Spring Level 3 Open Meet	Hart	Rushmoor Ryl	3
4:45.67 530) Н	29/09/18	RR Winter National & Regional Qualifier L2 Meet	Hart	Rushmoor Ryl	2
4:46.53 526	6 H	23/06/18	Rushmoor Royals Club Championships 2018	Aldershot		4
4:49.15 511	і н	07/05/16	Windsor Spring Level 3 Meet	Windsor	Windsor	3
4:50.25 506	6 Н	06/02/16	Berkshire & Sth Bucks 2016 County Championships	Maidenhead	Windsor	2
4:50.61 504	4 H	04/03/17	Windsor Level 3 Last Chance County Qualifier	Maidenhead	Windsor	3
4:55.97 477	7 H	15/01/17	Berks & Sth Bucks ASA 2017 County Championships	Wycombe	Windsor	2
4:57.16 471	1 F	21/11/15	Aquae Sulis Grand Prix	Bristol	Windsor	2
4:57.64 469	э н	16/06/16	Windsor Club Championships	Windsor	Windsor	4
5:03.33 443	з н	26/11/15	Windsor SC Club Championships	Windsor		4
5:12.34 406	6 F	03/10/15	City of Southampton SC 15th James Moreno Open Meet	Southampton	Windsor	2
7:07.10 158	з н	21/11/13	Windsor Club Championships	Windsor	Windsor	4

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:34.08	601	F	16/11/19	Swim Bourenmouth L2 Winter Short Course	Littledown Centre	Rushmoor Ryl	2
4:34.03	601	Н	03/11/19	Swim England South East Open Junior Championships	Portsmouth	Rushmoor Ryl	2
4:36.40	586	Н	06/10/19	Rushmoor Royals Autumn County Chaser 2019	Aldershot	Rushmoor Ryl	3
4:38.06	575	Н	10/02/19	Hampshire County ASA Championships 2019	Portsmouth	Rushmoor Ryl	2
4:36.80 Copyright 202	583 4	F	03/11/18	City of Cardiff Capital Open Meet	Cardiff	Rushmoor Ryl Powered By SPOR	2 ISYSTEM

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4:45.67	530	Н	29/09/18	RR Winter National & Regional Qualifier L2 Meet	Hart	Rushmoor Ryl	2
4:46.53	526	Н	23/06/18	Rushmoor Royals Club Championships 2018	Aldershot		4
4:44.46	537	F	11/03/18	Hart SC Spring Level 3 Open Meet	Hart	Rushmoor Ryl	3
4:43.81	541	Н	02/12/17	Windsor L3 County Chaser Meet	Maidenhead	Windsor	3
4:50.61	504	Н	04/03/17	Windsor Level 3 Last Chance County Qualifier	Maidenhead	Windsor	3
4:55.97	477	Н	15/01/17	Berks & Sth Bucks ASA 2017 County Championships	Wycombe	Windsor	2
4:57.64	469	Н	16/06/16	Windsor Club Championships	Windsor	Windsor	4
4:49.15	511	Н	07/05/16	Windsor Spring Level 3 Meet	Windsor	Windsor	3
4:50.25	506	Н	06/02/16	Berkshire & Sth Bucks 2016 County Championships	Maidenhead	Windsor	2
5:03.33	443	Н	26/11/15	Windsor SC Club Championships	Windsor		4
4:57.16	471	F	21/11/15	Aquae Sulis Grand Prix	Bristol	Windsor	2
5:12.34	406	F	03/10/15	City of Southampton SC 15th James Moreno Open Meet	Southampton	Windsor	2
7:07.10	158	Н	21/11/13	Windsor Club Championships	Windsor	Windsor	4