

# Individual Best Times (All Time)

Rebecca Armstrong - (1131245) - Bor of Waltham Forest (Gators) - 400 Individual Medley - 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
5:24.76	506	H	19/01/19	Essex Age Group Champs 2019	Basildon	Bo Waltham F	2
5:28.12	491	F	07/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	Bo Waltham F	3
5:33.92	466	F	17/12/16	LBRSC Last Chance Qualifying Meet	Fullwell Cross	Bo Waltham F	3
5:36.36	456	H	12/12/15	Thurrock Last Chance County Qualifier	Thurrock		3
5:43.55	428	F	01/11/15	DD & ED Halloween Weekend Open Meet	Bexleyheath	Bo Waltham F	3
5:53.36	393	F	20/12/15	LBRSC Last Chance County Qualifying Meet 2015	Fullwell Cross	Bo Waltham F	3

## Swims in Date Order

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