

# Individual Best Times (All Time)

Rebecca Armstrong - (1131245) - Bor of Waltham Forest (Gators) - 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
4:49.31	511	F	16/12/18	LB Redbridge Last Chance County Qualifier	Fullwell Cross Pool	Bo Waltham F	3
4:51.96	497	F	08/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	Bo Waltham F	3
4:59.51	460	H	30/11/19	Harlow Penguins 2019 County Qualifier Open Meet	Harlow	Bo Waltham F	3
5:06.80	428	F	19/12/15	LBRSC Last Chance County Qualifying Meet 2015	Fullwell Cross	Bo Waltham F	3
5:16.94	388	F	31/10/15	DD & ED Halloween Weekend Open Meet	Bexleyheath	Bo Waltham F	3

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