

Individual Best Times (All Time)

Jessica Spooner - (1145267) - Deepings SC - 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
5:32.47	472	H	11/06/17	Deeping Club Championships	Deeping	Deepings	4
5:52.62	395	H	26/06/16	Deepings Club Championships 2016	Deeping	Deepings	4
6:35.06	281	H	14/06/15	Deepings Club Championships	Peterborough		4
7:21.13	202	H	09/11/14	Deeping Club Championships	Deeping		4

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