

# Individual Best Times (All Time)

Jessica Spooner - (1145267) - Deepings 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
4:39.44	567	H	21/01/18	Lincolnshire County Championships 2018	Grantham	Deepings	2
4:44.03	540	H	04/06/17	Deepings Club Championships	Deeping	Deepings	4
4:48.69	514	H	20/11/16	Boston Club 12th Open Meet	Grantham	Deepings	3
4:49.23	511	H	22/01/17	Lincolnshire County Championships 2017	Grantham	Deepings	2
4:56.42	475	H	24/01/16	Lincolnshire County Championships 2016	Grantham	Deepings	2
4:58.63	464	H	09/04/16	The 2016 Leicester Age Group Meet	Braunstone	Deepings	3
5:03.56	442	H	19/06/16	Deepings Club Championships 2016	Deeping	Deepings	4
5:16.42	390	H	22/11/15	Boston ASC Club 11th Open Meet	Grantham		3
5:28.43	349	H	21/06/15	Deepings Club Championships	Peterborough		4
5:53.20	280	H	12/04/15	The 2015 Leicester Age Group Meet	Leicester		3

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