

# Individual Best Times (All Time)

Ella Pemberton - (1196498) - 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
4:54.74	483	H	01/10/23	Romford Town SC Autumn Season Opener Meet 2023	Romford	Bo Waltham F	3
4:54.91	482	F	08/12/19	Christmas at The Blue Light Pool 2019	Becontree	Bo Waltham F	3
4:56.29	475	F	07/11/21	SE London Winter Championships 2021	London		2
4:56.85	473	H	01/03/20	Thurrock Regional Qualifying Meet 2020	Grays	Bo Waltham F	3
4:57.37	470	H	14/04/24	Romford Town Last Chance Regional Qualifier 2024	Romford	Bo Waltham F	3
4:58.25	466	H	29/01/22	Swim England Essex Age Group Championships 2022	Basildon	Bo Waltham F	2
5:00.31	456	H	30/11/19	Harlow Penguins 2019 County Qualifier Open Meet	Harlow	Bo Waltham F	3
5:00.61	455	H	07/04/19	Thurrock Essex & Regional Qualifier 2019	Thurrock	Bo Waltham F	3
5:00.86	454	F	12/10/19	NUEL Early County Qualifier Open Meet 2019	London Aquatic Ctr	Bo Waltham F	3
5:00.97	453	H	20/10/19	Essex Senior Winter Champs	Basildon	Bo Waltham F	2
5:02.35	447	F	30/10/21	Borough of Waltham Forest SC - Gators Club Champs	Sylvestrian		4
5:02.76	445	H	25/02/23	Essex Age Group County Championships 2023	Basildon	Bo Waltham F	2
5:02.94	445	F	02/12/23	NUEL SC Late County Qualifier Open Meet 2023	Stratford		3
5:03.57	442	H	26/03/22	Hatfield SC Regional Qualifier	Hatfield	Bo Waltham F	3
5:03.67	441	F	03/03/24	Hackney Aquatics 2024 Regional Qualifier 2024	London		3
5:04.02	440	H	07/10/18	The Alan Mitchell Memorial County Qualifier	Thurrock	Bo Waltham F	3
5:05.26	435	F	09/10/21	NUEL Early County Qualifier Open Meet 2021	London		3
5:05.34	434	H	17/12/22	Harlow Penguins County Age Group Qualifying Meet	Harlow	Bo Waltham F	3
5:05.89	432	F	03/03/19	Enfield Spring Regional Qualifier	Enfield	Bo Waltham F	3
5:06.77	428	H	04/12/21	Harlow Penguins County Age Group Qualifying Meet	Harlow	Bo Waltham F	3
5:08.52	421	F	16/12/18	LB Redbridge Last Chance County Qualifier	Fullwell Cross Pool	Bo Waltham F	3
5:08.61	421	F	17/12/17	Last Chance County Qualifying Meet December 2017	Fullwell Cross	Bo Waltham F	3
5:08.91	419	H	17/10/21	Swim England Essex Winter Championships 2021	Basildon	Bo Waltham F	2
5:09.05	419	H	23/06/21	Bo Waltham F	Sylvestrian	Bo Waltham F	0
5:09.47	417	F	17/09/22	Bor of Waltham Forest Winter Club Championships 22	Sylvestrian		4
5:10.89	411	H	18/11/17	5th Hoddesdon County Qualifier Meet	Borehamwood	Bo Waltham F	3
5:12.13	406	H	20/09/18	Team Luton September Short Course Meet 2018	Luton	Bo Waltham F	3

5:12.12	406	H	29/09/18	Team Luton September Short Course Meet 2018	Inspire Luton	Bo Waltham F	3
5:13.00	403	H	15/04/18	Thurrock Essex & Regional Qualifier 2018	Thurrock	Bo Waltham F	3
5:17.14	387	F	08/10/17	Bor Redbridge Early County Qual Meet Oct 2017	Ilford	Bo Waltham F	3
5:23.96	363	F	26/03/17	LBR Regional Qualifying Meet March 2017	Fullwell Cross	Bo Waltham F	3

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