

Individual Best Times (All Time)

Evie-Rose Sugden - (1300102) - Carlisle Aquatics - 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
5:02.76	445	H	21/01/24	Cumbria County Championships & Age Groups 2024	Workington	Carlisle Aq	2
5:06.88	428	H	25/06/23	Kendal ASC 7th Mint Open Gala 2023	Kendal	Carlisle Aq	3
5:07.30	426	H	03/12/23	Cumbria Winter Meet L3 2023	Copeland	Carlisle Aq	3
5:07.74	424	H	24/09/23	Workington 14th Presidents Gala 2023	Workington	Carlisle Aq	3
5:09.57	417	H	22/01/23	Cumbria County Championships & Age Groups 2023	Workington	Carlisle Aq	2
5:11.50	409	H	03/09/23	Carlisle Aquatics Annual Club Champs Galas 2023	Carlisle	Carlisle Aq	4
5:14.33	398	H	23/01/22	2022 Cumbria County Championships and Age Groups	Workington	Carlisle Aq	2
5:15.68	393	H	25/09/22	Workington 13th Presidents Gala	Workington	Carlisle Aq	3
5:16.81	389	H	05/03/22	Ulverston ASC Spring Swim Fest 2022	Kendal	Carlisle Aq	3
5:33.11	334	H	05/12/21	Cumbria Winter Meet 2021	Kendal	Carlisle Aq	3
6:09.72	244	H	21/11/19	Penrith Swimming Club Championships	Penrith	Penrith	4
6:43.20	188	H	22/11/18	Penrith Club Championships	Penrith	Penrith	4
6:50.16	179	H	02/12/18	2018 Cumbria Winter Meet	Whitehaven	Penrith	3
6:50.53	178	H	23/09/18	Workington ASC 9th Presidents Open Meet	Workington	Penrith	3

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