

Individual Best Times (All Time)

Elizabeth Adam - (1363619) - Leyland Barracudas Swimming Club - 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
4:48.37	516	H	22/06/24	Wigan Best Future Stars June Meet 2024	Wigan	Leyland Barr	3
4:48.49	515	H	04/03/23	Bobcats 'Racing for Regionals' Meet 2023	Darwen	Leyland Barr	3
4:51.73	498	H	17/09/23	North Lancs S&WPA Level 2 Meet 2023	Blackpool	Leyland Barr	2
4:51.73	498	H	17/09/23	North Lancs S&WPA Level 2 Meet 2023	Blackpool	Leyland Barr	2
4:53.02	491	H	09/07/23	Leyland Barracudas ASC Distance Gala 2023	Leyland	Leyland Barr	4
5:01.60	451	H	21/10/23	City of Birmingham Winter Open Meet 2023	Birmingham	Leyland Barr	2
5:07.19	426	H	12/06/22	Leyland Barracudas Distance Gala 2022	Leyland	Leyland Barr	4
5:07.67	424	H	18/09/22	North Lancs S&WPA Level 2 Meet	Blackpool	Leyland Barr	2

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