

# Individual Best Times (All Time)

Verity Nicholas - (1381006) - Dover Lifeguard 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
5:07.47	425	H	09/06/24	Dover Lifeguard Club Championships 2024	Dover	Dover Life	4
5:22.81	367	H	19/11/23	East Invicta ASA 2023 Championships	Dover	Dover Life	2
5:30.40	343	H	09/07/23	Dover Lifeguard Club Club Championships 2023	Dover	Dover Life	4
6:19.18	226	H	08/01/22	Dover Lifeguard SC & Herne Bay SC Icebreakers 2022	Dover	Dover Life	3
6:30.55	207	H	12/06/22	Dover Lifeguard SC Club Champs 2022	Dover	Dover Life	4

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