

Individual Best Times (All Time)

Elin Winstanley - (1385183) - City of Hereford 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
4:35.57	591	F	17/12/23	Swim Wales Winter Championships 2023	Swansea		2
4:39.83	564	H	04/11/23	SE West Midlands Winter Championships 2023	Sandwell	Co Hereford	2
4:41.17	556	H	03/02/24	Worcester County SA County Championships 2024	Smethwick	Co Hereford	2
4:51.53	499	F	29/10/22	City Of Bristol Halloween Spooktacular 2022	Hengrove Park		3
4:52.60	493	H	09/09/23	Co Hereford Invitational Club Championships 2023	Hereford	Co Hereford	4
4:53.16	491	H	28/01/23	Worcester County SA Championships 2023	Worcester	Co Hereford	2
4:53.84	487	H	19/11/22	City of Hereford Winter Meet 2022	Hereford	Co Hereford	3
4:59.46	460	F	21/11/21	Team Bath AS November TYR Super Series	Millfield		2
5:00.57	455	H	05/02/22	Worcester County SA County Championships 2022	Worcester	Co Hereford	2
5:06.19	431	F	18/12/21	City of Bristol Christmas Cracker	Bristol		3
5:21.11	373	H	25/01/20	Worcester County Sprint Championships	Worcester	Co Hereford	2
5:42.87	307	F	07/12/19	CoB L3 SC Christmas Cracker Open Meet	Hengrove	Co Hereford	3
6:08.51	247	H	14/09/19	COHSC Club Championships 2019	Hereford LP	Co Hereford	4

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