

Individual Best Times (All Time)

Juhayna Ahmed - (1397570) - Barking & Dagenham Aquatics 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
5:08.83	420	H	10/12/23	Basildon & Phoenix Last Chance County Qualifier 23	Basildon	Bark & Dagen	3
5:14.58	397	H	14/04/24	Romford Town Last Chance Regional Qualifier 2024	Romford	Bark & Dagen	3
5:24.40	362	H	16/07/23	Basildon & Phoenix End of Season Meet 2023	Basildon	Bark & Dagen	3
5:55.80	274	H	23/10/21	Romford Town SC Season Opener Meet 2021	London	Bark & Dagen	3
6:25.63	215	F	13/06/21	Summer B&D Champs 2021	Dagenham		4
6:39.58	193	H	15/03/20	BPSC Spring Regional Qualifier 2020	Basildon	Bark & Dagen	3
7:17.80	147	F	16/12/18	Barking & Dagenham Christmas at "Blue Light Pool"	Becontree	Bark & Dagen	3

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