

Individual Best Times (All Time)

Poppy Jeffery - (1403955) - Killerwhales SC (Havering) - 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
4:39.13	568	H	12/11/22	Killerwhales SC Autumn Tri Club Gala 2022	Hornchurch	Killerwhales	4
4:39.82	564	F	05/11/23	SE London Winter Championships 2023	Stratford		2
4:40.27	562	H	19/11/23	Swim England Essex Winter Championships 2023	Basildon	Killerwhales	2
4:40.59	560	H	25/02/23	Essex Age Group County Championships 2023	Basildon	Killerwhales	2
4:42.54	548	H	16/07/22	Colchester Summer Spectacular Development Meet	Braintree	Killerwhales	3
4:43.16	545	F	06/11/22	SE London Winter Championships 2022	Lewisham		2
4:43.68	542	H	15/10/22	Essex Winter Championships 2022	Basildon	Killerwhales	2
4:46.80	524	H	29/01/22	Swim England Essex Age Group Championships 2022	Basildon	Killerwhales	2
4:47.44	521	H	17/03/24	Basildon Spring Regional Qualifier 2024	Basildon	Killerwhales	3
4:51.35	500	H	17/10/21	Swim England Essex Winter Championships 2021	Basildon	Killerwhales	2
4:53.47	489	H	20/11/21	Killerwhales Autumn Club Champs 2021	Hornchurch	Killerwhales	4
4:53.99	487	H	10/10/21	Basildon & Phoenix SC Autumn Season Opener 2021	Basildon	Killerwhales	3
4:56.27	475	F	07/11/21	SE London Winter Championships 2021	London		2
5:24.56	361	F	12/10/19	NUEL Early County Qualifier Open Meet 2019	London Aquatic Ctr	Killerwhales	3
5:40.91	312	H	07/04/19	Thurrock Essex & Regional Qualifier 2019	Thurrock	Killerwhales	3
5:50.77	286	H	16/03/19	Colchester Regional Qualifier	Braintree	Killerwhales	3
6:06.20	251	F	16/12/18	LB Redbridge Last Chance County Qualifier	Fullwell Cross Pool	Killerwhales	3

Swims in Date Order

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