

Individual Best Times (All Time)

Leah Rose - (1405240) - Penrith 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
4:52.75	493	H	24/09/23	Workington 14th Presidents Gala 2023	Workington	Penrith	3
4:53.93	487	H	21/01/24	Cumbria County Championships & Age Groups 2024	Workington	Penrith	2
5:04.58	437	H	22/01/23	Cumbria County Championships & Age Groups 2023	Workington	Penrith	2
5:05.36	434	H	04/12/22	Cumbria Winter Meet 2022	Copeland Leisure Cen	Penrith	3
5:18.00	384	H	25/09/22	Workington 13th Presidents Gala	Workington	Penrith	3
6:50.66	178	H	21/11/19	Penrith Swimming Club Championships	Penrith	Penrith	4

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