

Individual Best Times (All Time)

Gabriella Troman - (1412258) - Team Ipswich Swimming - 400 Individual Medley - 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
5:18.69	536	F	12/03/23	Teamipswich Mighty March Meet 2023	Ipswich		3
5:19.96	530	H	04/11/23	SE East Region Short Course Championships 2023	Luton	teamipswich	2
5:21.00	524	H	04/12/22	Basildon & Phoenix SC Last Chance County Qualifier	Basildon	teamipswich	3
5:23.09	514	F	28/10/23	Teamipswich SC Spooktacular Open 2023	Ipswich		3
5:27.68	493	F	19/11/23	City of Norwich SC L3 November SC Open Meet 2023	Norwich		3
5:32.07	474	H	29/01/23	SE Suffolk County Championships 2023	Ipswich	teamipswich	2
5:36.84	454	H	17/04/22	Colchester SC Last Chance Regional Qualifier	Braintree	Colchester	3
5:44.50	424	F	05/03/22	Teamipswich SC The Mighty March Meet 2022	Ipswich		3
5:51.19	400	H	15/11/21	Colchester Club Championships 2021	Colchester	Colchester	4
5:58.22	377	H	23/01/22	Swim England Essex Age Group Championships 2022	Basildon	Colchester	2
6:26.15	301	H	15/06/21	Colchester	Colchester	Colchester	0

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