

Individual Best Times (All Time)

Ruth Poyntz-Wright - (1443884) - Gloucester City 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
5:16.97	388	F	18/11/23	Sevenside Tritons November Sparkler L3 Meet 2023	Hutton Moor LC		3
5:17.56	386	F	15/06/24	Clevedon ASC Summerset Sizzler Level 3 Meet	Weston Super Mare	Gloucester	3
5:18.40	383	F	16/12/23	City of Bristol L3 Christmas Cracker 2023	Hengrove Park		3
5:31.59	339	F	17/12/22	City of Bristol L3 Christmas Cracker Meet 2022	Bristol		3
5:35.18	328	F	18/03/23	Gloucester City SC Spring L3 Open Meet 2023	Gloucester		3
5:43.18	306	F	16/10/22	Gloucetser City Swimming Club L2 Autumn Open Meet	Gloucetser		2
5:45.96	298	F	02/07/22	Gloucester City Swimming Club Summer L3 Open Meet	Gloucester		3
6:10.01	244	F	20/03/22	Gloucester City SC Spring Level 3 Open Meet	Gloucester		3
7:00.72	166	F	31/10/21	City of Bristol Early Bird Meet	Bristol		3

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