

Individual Best Times (All Time)

Ruby Jackson - (1461563) - West Norfolk Swimming 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
5:40.50	313	H	26/03/23	Norwich Swan Open Meet 2023	Norwich	West Norfolk	3
5:50.86	286	H	25/09/22	Norwich Swan No Frills Season Starter	UEA Sportspark	West Norfolk	3
5:53.07	281	H	16/07/22	West Norfolk SC Club Championships 2022	Kings Lynn	West Norfolk	4
6:16.72	231	H	04/12/22	Great Yarmouth SC Winter Wipeout 2022	Norwich	West Norfolk	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:40.50	313	H	26/03/23	Norwich Swan Open Meet 2023	Norwich	West Norfolk	3
6:16.72	231	H	04/12/22	Great Yarmouth SC Winter Wipeout 2022	Norwich	West Norfolk	3
5:50.86	286	H	25/09/22	Norwich Swan No Frills Season Starter	UEA Sportspark	West Norfolk	3
5:53.07	281	H	16/07/22	West Norfolk SC Club Championships 2022	Kings Lynn	West Norfolk	4