

Individual Best Times (All Time)

Holly Shepherd - (1503172) - Canvey Island 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 |
|---------|--------|-------|----------|--|----------|-----------------|-------|
| 5:09.94 | 415 | H | 19/05/24 | Basildon & Phoenix Spring SC Meet 2024 | Basildon | Canvey Isl | 3 |
| 5:13.81 | 400 | H | 01/07/23 | Romford Town SC End of Season Meet 2023 | Basildon | Canvey Isl | 3 |
| 5:35.29 | 328 | H | 04/12/22 | Basildon & Phoenix SC Last Chance County Qualifier | Basildon | Canvey Isl | 3 |
| 5:35.85 | 326 | H | 18/09/22 | BPSC Autumn Season Opener 2022 | Basildon | Canvey Isl | 3 |
| 5:35.91 | 326 | H | 25/02/23 | Essex Age Group County Championships 2023 | Basildon | Canvey Isl | 2 |

Swims in Date Order

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