

Individual Best Times (All Time)

Emily Forster - (1510383) - City of Sunderland ASC - 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
5:31.84	475	H	23/03/24	Tynemouth ASC NER Qualifier	Tynemouth	Co Sund'land	3
5:38.55	447	H	10/02/24	Durham City Aquatics Valentine Gala	Durham	Co Sund'land	3
5:54.79	388	H	16/09/23	Richmond Dales Iain Young Back to Pool Gala 2023	Middlesborough	Co Sund'land	3

Swims in Date Order

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