

# Individual Best Times (All Time)

Emily Forster - (1510383) - City of Sunderland ASC - 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
4:40.19	562	H	26/05/24	South Tyneside 2024 Spring Meet	South Shields	Co Sund'land	3
4:43.39	543	H	24/03/24	Tynemouth ASC NER Qualifier	Tynemouth	Co Sund'land	3
4:49.44	510		09/12/23	York City BC Winter Swim Extravaganza 2023	Leeds		3
4:49.90	507	H	11/02/24	Durham City Aquatics Valentine Gala	Durham	Co Sund'land	3
4:53.46	489	H	28/05/23	South Tyneside SC Spring Meet 2023	South Shields	Co Sund'land	3
4:55.39	480	H	13/10/23	Bo Stockton Winter Swim Festival 2023	Billingham	Co Sund'land	2
4:55.86	477	H	16/07/23	Gateshead & Whickham ASC Summer Meet 2023	Gateshead	Co Sund'land	3
4:57.34	470	H	04/11/23	NE Regional Age Group Championships (25m) 2023	Sheffield	Co Sund'land	2
4:59.92	458	H	17/09/23	Richmond Dales Iain Young Back to Pool Gala 2023	Middlesborough	Co Sund'land	3
5:04.23	439	H	19/03/23	Durham City Aquatics Not the Valentine Gala 2023	Durham	Co Sund'land	3

## Swims in Date Order

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4:40.19	562	H	26/05/24	South Tyneside 2024 Spring Meet	South Shields	Co Sund'land	3
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