

Individual Best Times (All Time)

Megan Coppack - (157297) - Amersham 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
4:21.95	688	H	26/03/11	Cheshire County Championships	Macclesfield	Lboro Uni	2
4:22.34	685	F	07/11/10	North West Region Champs	Manchester	Lboro Uni	2
4:22.64	683	H	20/11/11	Stockport Metro November Open Meet	Stockport	Lboro Uni	2
4:23.23	678	H	28/11/10	Stockport Metro Open Meet	Stockport	Lboro Uni	2
4:23.77	674	H	27/03/10	Cheshire County Champs	Macclesfield	Lboro Uni	2
4:24.70	667	H	02/03/13	Cheshire County Championships	Macclesfield	Lboro Uni	2
4:24.76	666	H	07/11/10	North West Region Champs	Manchester	Lboro Uni	2
4:25.22	663	H	03/03/12	Cheshire County Championships	Macclesfield	Lboro Uni	2
4:25.51	661	H	04/12/11	BG North West Regional Championships	Manchester	Lboro Uni	2
4:25.96	657	F	03/10/10	Wirral Metro Open Meet	Birkenhead	Lboro Uni	2
4:26.26	655	F	04/12/11	BG North West Regional Championships	Manchester	Lboro Uni	2
4:27.27	648	F	07/10/12	Wirral Metro Autumn Meet	Birkenhead	Lboro Uni	2
4:28.79	637	F	16/09/12	Wirral Metro SC Club Championships 2012	Birkenhead	Lboro Uni	4
4:34.50	598	F	04/10/09	Wirral Metro Open Meet	Birkenhead	Lboro Uni	2
4:38.77	571		04/07/09	Aquabears of Rochdale	Salford	Lboro Uni	3
4:40.15	562	H	21/03/09	Cheshire County Champs	Macclesfield	Lboro Uni	2
4:42.70	547		05/10/08	Wirral Metro Open Meet	Birkenhead	Lboro Uni	2
4:55.28	480	H	01/03/08	Cheshire County Champs	Macclesfield	Lboro Uni	2
4:59.94	458	H	20/01/08	City of Liverpool Dist	Everton Park	Lboro Uni	2
5:12.80	404	H	17/03/07	Cheshire County Champs	Macclesfield	Lboro Uni	2
5:13.96	399		14/07/07	Wirral Metro Open Mt	Birkenhead	Lboro Uni	3
5:16.38	390	H	21/01/07	Liverpool Winter Open	Liverpool	Lboro Uni	2
5:32.05	337		06/10/06	Wirral Metro Open	Birkenhead	Lboro Uni	2
5:40.77	312	H	06/05/06	Satellite Open Meet	Macclesfield	Lboro Uni	2

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