

Individual Best Times (All Time)

Rihanna Harper - (1616974) - Carlisle Aquatics - 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
5:01.24	452	H	21/01/24	Cumbria County Championships & Age Groups 2024	Workington	Carlisle Aq	2
5:21.20	373	H	03/09/23	Carlisle Aquatics Annual Club Champs Galas 2023	Carlisle	Carlisle Aq	4
5:27.80	351	H	24/09/23	Workington 14th Presidents Gala 2023	Workington	Carlisle Aq	3
5:33.72	332	H	25/06/23	Kendal ASC 7th Mint Open Gala 2023	Kendal	Carlisle Aq	3
5:49.76	289	H	04/03/23	Bobcats 'Racing for Regionals' Meet 2023	Darwen	Carlisle Aq	3
5:50.39	287	H	25/03/23	Ulverston Spring Swim Fest 2023	Kendal	Carlisle Aq	3
5:51.73	284	H	22/01/23	Cumbria County Championships & Age Groups 2023	Workington	Carlisle Aq	2
6:14.52	235	H	04/12/22	Cumbria Winter Meet 2022	Copeland Leisure Cen	Carlisle Aq	3
6:54.34	173	H	25/09/22	Workington 13th Presidents Gala	Workington	Carlisle Aq	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:01.24	452	H	21/01/24	Cumbria County Championships & Age Groups 2024	Workington	Carlisle Aq	2
5:27.80	351	H	24/09/23	Workington 14th Presidents Gala 2023	Workington	Carlisle Aq	3
5:21.20	373	H	03/09/23	Carlisle Aquatics Annual Club Champs Galas 2023	Carlisle	Carlisle Aq	4
5:33.72	332	H	25/06/23	Kendal ASC 7th Mint Open Gala 2023	Kendal	Carlisle Aq	3
5:50.39	287	H	25/03/23	Ulverston Spring Swim Fest 2023	Kendal	Carlisle Aq	3
5:49.76	289	H	04/03/23	Bobcats 'Racing for Regionals' Meet 2023	Darwen	Carlisle Aq	3
5:51.73	284	H	22/01/23	Cumbria County Championships & Age Groups 2023	Workington	Carlisle Aq	2
6:14.52	235	H	04/12/22	Cumbria Winter Meet 2022	Copeland Leisure Cen	Carlisle Aq	3
6:54.34	173	H	25/09/22	Workington 13th Presidents Gala	Workington	Carlisle Aq	3