

Individual Best Times (All Time)

Anna Newlands - (164627) - Cockermouth 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
4:25.35	662	H	18/03/12	Cumbria Age Groups & County Championships	Whitehaven	Cockermouth	2
4:29.56	631	H	26/09/14	Stockport Metro SC Club Championships	Stockport		4
4:32.86	609	F	29/05/11	North Midlands District Inter Assoc Gala	Macclesfield	Cockermouth	2
4:38.91	570	H	20/03/11	Cumbria County Championships	Whitehaven	Cockermouth	2
4:43.70	541	H	07/03/10	Cumbria County Champs	Kendal	Cockermouth	2
4:43.99	540	H	29/05/10	North West Inter Ass 2010	Bury	Cockermouth	2
4:54.22	485	H	15/03/09	Cumbria County Champs	Whitehaven	Cockermouth	2
4:55.40	480	H	23/05/09	N West Inter Assoc Champs	Salford	Cockermouth	2
5:12.53	405	H	24/05/08	N West Inter Assoc Champs	Liverpool	Cockermouth	2
5:22.71	368	H	02/03/08	Cumbria County Champs	Kendal	Cockermouth	2

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