

# Individual Best Times (All Time)

Freya Griffiths - (180046) - Bebington 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
4:50.98	502	H	26/03/11	Cheshire County Championships	Macclesfield	Bebington	2
4:54.26	485	F	30/04/11	Wrexham Spring Meet	Wrexham	Bebington	2
4:54.54	484	F	10/07/11	Wirral Metro Summer Open Meet	Birkenhead	Bebington	3
4:54.60	483	F	11/07/10	Wirral Metro Open Meet	Birkenhead	Bebington	3
4:57.61	469	H	28/11/10	Stockport Metro Open Meet	Stockport	Bebington	2
4:59.74	459	F	03/10/10	Wirral Metro Open Meet	Birkenhead	Bebington	2
5:06.54	429	H	27/03/10	Cheshire County Champs	Macclesfield	Bebington	2
5:17.40	386	H	25/10/09	Harrogate Junior Meet	Harrogate	Bebington	2
5:22.09	370	F	04/10/09	Wirral Metro Open Meet	Birkenhead	Bebington	2
5:41.55	310		12/07/09	Wirral Metro Open Meet	Birkenhead	Bebington	3

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