

Individual Best Times (All Time)

Jade Apps - (294336) - City of Linc Pentaqua SC - 400 Individual Medley - 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 |
|---------|--------|-------|----------|---------------------------------------|-------------|-----------------|-------|
| 5:46.95 | 415 | H | 02/07/16 | Lincoln Vulcans Club Championships | Grantham | Lincoln Vulc | 3 |
| 5:53.26 | 393 | H | 12/04/15 | The 2015 Leicester Age Group Meet | Leicester | Lincoln Vulc | 3 |
| 5:58.25 | 377 | H | 28/10/17 | Lincoln Vulcans 400's Time Trials | Yarborough | Lincoln Vulc | 4 |
| 6:15.54 | 327 | F | 19/01/13 | Biggleswade SC 14th Open meet | Biggleswade | Lincoln Vulc | 3 |
| 6:22.74 | 309 | H | 16/06/12 | Lincoln Vulcans SC Club Championships | Lincoln | Lincoln Vulc | 4 |

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