

Individual Best Times (All Time)

Alice Gowing - (362961) - South Lincs Competitive 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
5:15.87	550	F	12/04/14	Guildford City SC Regional Qualifier	Guildford	South Lincs	3
5:16.17	549	H	07/12/14	Midland Short Course Championships	Rugby	South Lincs	2
5:21.11	524	F	22/11/14	Guildford City County Qualifier Meet	Guildford	South Lincs	2
5:23.17	514	H	08/03/14	Lincolnshire 63rd Annual County Champs	Louth	South Lincs	2
5:23.17	514	H	08/03/14	63rd Annual Lincolnshire County Champs	Louth	South Lincs	2
5:24.76	506	F	28/09/14	South Lincs CSC Club Championships 2014	Spalding	South Lincs	4
5:25.81	502	F	21/12/13	City of Peterborough Winter Open Meet	Peterborough	South Lincs	3
5:26.77	497	F	04/10/13	South Lincs CSC Club Championships 2013	Spalding	South Lincs	4
5:26.84	497	H	24/01/16	Lincolnshire County Championships 2016	Grantham	South Lincs	2
5:36.01	457	F	22/11/15	COPS Winter Open Meet	Peterborough	South Lincs	3
5:40.21	440	H	11/05/13	Mid Beds Swim Squad 3rd Open Meet	Biggleswade	South Lincs	2
5:42.78	431	F	25/09/16	South Lincs Closed Club Championships	Spalding	South Lincs	3
5:47.75	412	H	16/03/13	Lincolnshire County Championships	Louth	South Lincs	2
5:48.51	410	F	05/04/13	City of Peterborough Licensed Open	Peterborough	South Lincs	2
5:52.58	396	F	01/12/12	City of Peterborough Winter Open Meet	Peterborough	South Lincs	3

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