

Individual Best Times (All Time)

Ashley Trent - (399074) - City of Cambridge 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 |
|---------|--------|-------|----------|---|-----------------|-----------------|-------|
| 4:55.96 | 499 | F | 10/05/13 | West Suffolk SC Open Meet | Bury St Edmunds | Co Cambridge | 3 |
| 4:56.51 | 496 | H | 30/09/12 | City of Cambridge 2012 Club Championships | Cambridge | Co Cambridge | 4 |
| 4:57.45 | 491 | H | 17/03/13 | Cambridgeshire ASA County Championships | Cambridge | Co Cambridge | 2 |
| 5:00.69 | 476 | F | 03/11/13 | Teamipswich Swimming November Open Meet | Ipswich | Co Cambridge | 3 |
| 5:01.83 | 470 | F | 11/05/12 | West Suffolk Open Meet | Bury St Edmunds | Co Cambridge | 3 |
| 5:02.34 | 468 | F | 12/05/12 | Hatfield SC UK Challenge | Hatfield | Co Cambridge | 2 |
| 5:02.59 | 467 | H | 03/10/13 | City of Cambridge Club Championships | Cambridge | Co Cambridge | 4 |
| 5:05.35 | 454 | H | 17/03/12 | Cambridgeshire County Championships | Peterborough | Co Cambridge | 2 |
| 5:11.13 | 429 | F | 05/11/11 | City of Norwich The Big Bang 2011 | Norwich | Co Cambridge | 2 |
| 5:11.36 | 428 | H | 09/10/14 | City of Cambridge Club Championships | Cambridge | | 4 |
| 5:19.54 | 396 | F | 06/05/11 | West Suffolk Open Meet | Bury St Edmunds | Co Cambridge | 2 |
| 5:20.87 | 391 | H | 08/01/11 | teamipswich 12th Licensed Open Meet | Ipswich | Co Cambridge | 3 |
| 5:22.52 | 385 | | 12/03/11 | Suffolk County Championships | Ipswich | Co Cambridge | 2 |
| 5:31.59 | 355 | | 13/03/10 | Suffolk County Champs | Ipswich | Co Cambridge | 2 |
| 5:44.71 | 316 | H | 16/01/10 | City of Cambridge Open | Cambridge | Co Cambridge | 2 |
| 6:11.04 | 253 | | 14/03/09 | Suffolk County Champs | Ipswich | Co Cambridge | 2 |
| 6:37.80 | 205 | | 08/03/08 | Suffolk County Champs | Ipswich | Co Cambridge | 2 |

Swims in Date Order

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