

Individual Best Times (All Time)

Rachel Bate - (418377) - Halton 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 |
|---------|--------|-------|----------|---|--------------|-----------------|-------|
| 4:49.45 | 510 | F | 24/05/15 | Conwy County Aquatics Whitsun Meet | Llandudno | Halton | 2 |
| 4:53.45 | 489 | F | 18/10/15 | Conwy County Aquatics Autumn Meet | Llandudno | Halton | 2 |
| 4:54.03 | 486 | H | 29/11/15 | Wigan B.E.S.T SC Future Stars Open Meet | Wigan | | 2 |
| 4:55.40 | 480 | H | 23/01/16 | Cheshire County Championships 2016 | Macclesfield | Halton | 2 |
| 4:55.40 | 480 | H | 23/01/16 | Cheshire County Championships 2016 | Macclesfield | Halton | 2 |
| 4:55.40 | 480 | H | 23/01/16 | Cheshire County Championships 2016 | Macclesfield | Halton | 2 |
| 4:55.72 | 478 | H | 27/04/14 | Satellites of Macclesfield Open Meet | Macclesfield | Warrington W | 2 |
| 5:03.47 | 442 | H | 18/04/15 | Knowsley Spring Level 2 Gala | Huyton | | 2 |
| 5:04.67 | 437 | H | 15/03/14 | Cheshire County Championships | Macclesfield | Warrington W | 2 |
| 5:05.84 | 432 | F | 28/09/13 | Warriors of Warrington SC Club Champs | Warrington | Warrington W | 4 |

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