

Individual Best Times (All Time)

Alexandra Ashley - (507882) - Thetford Dolphins 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 |
|---------|--------|-------|----------|---|-----------|-----------------|-------|
| 4:41.31 | 555 | H | 06/10/16 | Tony Hegarty Club Championships | Thetford | Thetford | 4 |
| 4:43.28 | 544 | H | 23/01/16 | Norfolk County Championships 2016 | Wymondham | Thetford | 2 |
| 4:45.64 | 530 | H | 05/10/17 | Tony Hegarty Club Championships & AG Comp | Thetford | Thetford | 4 |
| 4:47.12 | 522 | F | 04/10/15 | Dereham & District SC Icenis 2015 Level 3 Open Meet | Dereham | Thetford | 3 |
| 4:59.64 | 459 | H | 22/02/14 | Norfolk County Champs & AG Comp | Wymondham | Thetford | 2 |
| 5:00.13 | 457 | H | 21/02/15 | Norfolk County Championships | Wymondham | | 2 |

Swims in Date Order

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|---------|--------|-------|----------|---|-----------|-----------------|-------|
| 4:45.64 | 530 | H | 05/10/17 | Tony Hegarty Club Championships & AG Comp | Thetford | Thetford | 4 |
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