

Individual Best Times (All Time)

Zara Postlethwaite - (512661) - Copeland ASC - 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
5:09.35	418	H	16/10/16	The Allerdale Gala 2016	Workington	Cockermouth	3
5:14.33	398	H	25/09/16	Workington 7th Presidents Open Meet	Workington	Cockermouth	3
5:15.25	394	H	25/01/15	2015 Cumbria Winter Meet	Workington		3
5:17.11	388	H	28/01/17	Cumbria Age Groups & County Championships	Workington	Cockermouth	2
5:20.29	376	H	25/10/14	Middlesbrough Halloween Open Meet	Middlesbrough		2
5:24.14	363	H	08/03/14	Cumbrian Age Groups and County Champs	Kendal	Copeland	2
5:35.05	329	H	13/09/14	Workington ASC 5th Presidents Open Gala	Cumbria		3
5:35.53	327	H	21/09/13	2013 Cumbria ASA Inter- Association Qualifier	Carlisle	Copeland	3
5:36.62	324	H	30/11/13	Cumbria S & WPA Interassociation	Blackpool	Copeland	2
5:37.50	321	H	26/01/14	2014 Cumbria Winter Meet	Whitehaven	Copeland	3
5:53.13	281	H	07/09/13	Workington 4th Presidents Open Meet	Workington	Copeland	3
5:53.98	278	H	09/03/13	Cumbria Age Group & County Championships	Kendal	Copeland	2
6:00.60	263	H	24/11/12	2012 Cumbria Autumn Graded Series	Kendal	Copeland	3

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