

Individual Best Times (All Time)

Indah Higson - (515032) - Preston Swimming Club - 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
4:55.71	478	H	28/10/12	Harrogate Autumn Open Meet	Harrogate	Preston	3
4:56.57	474	H	19/01/13	North Lancashire AG & Youth Champs	Blackpool	Preston	3
4:56.79	473	H	18/01/14	North Lancashire Age Groups 2014	Blackpool	Preston	3
4:57.81	468	H	23/11/13	Preston SC Club Championships	Preston	Preston	4
4:58.62	464	H	11/11/12	Preston SC Club Championships	Preston	Preston	4
4:59.77	459	H	27/04/14	Harrogate Spa Town Graded Meet	Harrogate	Preston	3
5:02.42	447	H	27/05/12	Blackpool Rocks Open Meet	Blackpool	Preston	3
5:08.66	420		08/04/12	City of Birmingham Open Meet	Birmingham	Preston	2
5:09.53	417	H	21/01/12	North Lancashire Age Group & Youth Champs	Blackpool	Preston	3
5:43.91	304	H	22/01/11	North Lancashire Age Group & Youth Champs	Blackpool	Preston	3
6:03.81	256	H	24/10/10	Harrogate Junior Open Meet	Harrogate	Preston	2

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