

Individual Best Times (All Time)

Emily Locke - (517199) - Southwold 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
4:50.86	502	F	07/03/15	Gloucestershire County Championships	Gloucester	Southwold	2
4:55.20	481	F	08/03/14	Gloucester County ASA Championships	Gloucester	Southwold	2
4:56.26	475	H	16/11/13	City of Hereford Open Meet	Hereford	Southwold	3
4:56.40	475	H	15/11/14	Hereford 25th Anniversary Open Meet	Hereford		3
4:58.10	467	F	13/10/13	Southwold SC Club Championships 2013	Gloucester	Southwold	4
4:59.47	460	H	02/03/13	Gloucestershire County Championships	Gloucester	Southwold	2
5:07.85	424	F	04/10/14	Southwold Club Championships	Yate	Southwold	4
5:09.04	419	F	01/10/12	Southwold SC Club Championships 2012	Southwold	Southwold	4
5:09.06	419	F	07/10/12	Gloucester City Level 3 Open Meet	Gloucester	Southwold	3
5:12.04	407	H	03/03/12	Gloucestershire County Championships	Gloucester	Southwold	2
5:12.99	403	H	07/04/12	Weston SC 10th Easter Open Meet	Weston-Super-Mare	Southwold	3
5:22.52	368	F	29/10/11	Southwold SC Club Championships	Southwold	Southwold	4
5:24.43	362		02/10/11	Gloucester City Open Meet	Gloucester	Southwold	3
5:25.03	360	H	06/03/11	Gloucester County Championships	Bristol	Southwold	2
5:28.71	348		08/05/11	Gloucester City Level 2 Open Meet	Gloucester	Southwold	2
5:29.12	347	H	23/04/11	Weston super Mare 9th Easter Open Meet	Weston super Mare	Southwold	3
5:32.17	337	F	27/11/10	Southwold Club Championships	Easton	Southwold	4
5:39.31	316		03/10/10	Gloucester Open Meet	Gloucester	Southwold	2
5:45.65	299	F	01/05/10	City of Newport Spring Meet	Newport	Southwold	1
5:55.96	274	H	28/02/10	Gloucester County Champs	Bristol	Southwold	2
6:19.05	227		24/10/09	Greater Gwent Fast Water	Newport	Southwold	2
6:36.41	198	F	04/10/09	Southwold Club Champs	Southwold	Southwold	4

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