

Individual Best Times (All Time)

Lara Chapman - (522031) - Barnes 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 |
|---------|--------|-------|----------|--|-----------|-----------------|-------|
| 5:10.36 | 413 | F | 05/02/12 | Surrey County Age Group Championships | Guildford | Barnes SC | 2 |
| 5:11.40 | 409 | H | 23/06/12 | Epsom District Summer Open Meet | Epsom | Barnes SC | 3 |
| 5:13.44 | 401 | F | 22/09/12 | St Paul's Barnes SC Club Championships | London | Barnes SC | 4 |
| 5:21.32 | 373 | F | 04/12/11 | Haslemere Christmas Level 3 Meet | Haslemere | Barnes SC | 3 |
| 5:29.11 | 347 | F | 27/09/14 | Barnes SC Club Championships 2014 | Barnes | Barnes SC | 4 |
| 5:33.61 | 333 | F | 27/02/11 | Surrey County Championships | Guildford | Barnes SC | 2 |
| 5:40.45 | 313 | F | 17/09/11 | St Pauls Barnes SC Club Championships | Barnes | Barnes SC | 4 |
| 5:45.47 | 300 | F | 28/11/10 | Guildford County Qualifer | Guildford | Barnes SC | 2 |
| 5:59.48 | 266 | F | 25/09/10 | St Pauls Barnes Champs | Barnes | Barnes SC | 4 |

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