

Individual Best Times (All Time)

Sian Jones - (539974) - Trafford Metro Bor 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
4:50.24	506	H	24/10/15	Flitwick Dolphins Open Meet 2015	Biggleswade	Biggleswade	3
4:50.88	502	H	22/03/14	Bedfordshire Age Group & County Champs	Luton	Biggleswade	2
4:51.87	497	H	16/03/13	Bedfordshire County Championships	Luton	Biggleswade	2
4:53.59	488	F	19/09/15	Biggleswade SC 2015 Club Championships	Biggleswade	Biggleswade	4
4:53.85	487	H	29/10/16	Flitwick Dolphins Open Meet 2016	Biggleswade	Biggleswade	3
4:54.62	483	F	10/05/15	Mid Beds Swim Squad Level 3 Open Meet	Biggleswade	Biggleswade	3
4:54.76	483	F	19/01/13	Biggleswade SC 14th Open meet	Biggleswade	Biggleswade	3
4:55.44	479	H	26/10/13	Flitwick Dolphins SC Open Meet	Biggleswade	Biggleswade	3
4:55.87	477	F	13/07/13	Biggleswade Club Championships	Biggleswade	Biggleswade	4
4:58.16	466	F	11/05/14	Mid Beds Swim Squad L2 Open Meet	Biggleswade	Biggleswade	2
5:01.01	453	H	13/05/12	Mid Beds Open Meet	Biggleswade	Biggleswade	2
5:03.18	444	H	12/05/13	Mid Beds Swim Squad 3rd Open Meet	Biggleswade	Biggleswade	2
5:05.04	435	H	10/03/12	Bedfordshire County Championships	Biggleswade	Biggleswade	2
5:12.34	406		27/11/11	City of Leicester Distance Meet	Braunstone	Biggleswade	2
5:23.43	365	F	16/07/11	Biggleswade SC Club Championships	Biggleswade	Biggleswade	4
5:32.89	335	H	22/05/11	Mid Beds Open Meet	Biggleswade	Biggleswade	2
5:39.24	316	H	19/03/11	Bedfordshire County Championships	Biggleswade	Biggleswade	2
5:44.38	302		22/01/11	Biggleswade 12th Open Meet	Biggleswade	Biggleswade	3
6:03.65	257	H	16/10/10	Flitwick Dolphins Open Meet	Biggleswade	Biggleswade	3

Swims in Date Order

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4:53.85	487	H	29/10/16	Flitwick Dolphins Open Meet 2016	Biggleswade	Biggleswade	3
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