

Individual Best Times (All Time)

Annabel Speers - (542743) - Basildon and Phoenix SC - 400 Individual Medley - 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 |
|---------|--------|-------|----------|--|----------------|-----------------|-------|
| 6:06.18 | 353 | H | 30/11/13 | Thurrock County Qualfier | Thurrock | Thurrock | 3 |
| 6:08.96 | 345 | H | 12/10/13 | Thurrock SC Season Opener & Club Champs | Thurrock | Thurrock | 3 |
| 6:47.37 | 256 | F | 07/10/12 | London Boro Of Redbridge Early County Meet | Fullwell Cross | Thurrock | 3 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------|--------|-------|----------|--|----------------|-----------------|-------|
| 6:06.18 | 353 | H | 30/11/13 | Thurrock County Qualfier | Thurrock | Thurrock | 3 |
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