

Individual Best Times (All Time)

Emma Tappenden - (548511) - Basildon and Phoenix 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
4:48.09	517	F	09/03/19	Ealing Regional Qualifier 2019	Northolt LC	Basildon Ph	3
4:48.45	515	H	01/07/18	BPSC Club Champs 2018	Basildon	Basildon Ph	4
4:48.53	515	H	26/11/17	BPSC Winter Club Champs 2017	Basildon	Basildon Ph	4
4:50.88	502	H	11/03/18	BPSC Spring Regional Qualifier 2018	Basildon	Basildon Ph	3
5:01.64	450	H	01/04/17	Thurrock Essex & Regional Qualifier	Thurrock	Basildon Ph	3
5:05.84	432	H	26/11/16	Basildon & Phoenix Club Championships	Basildon	Basildon Ph	4
5:37.23	322	H	20/12/15	Basildon & Phoenix Last Chance County Qualifier	Basildon	Basildon Ph	3
5:42.63	307	H	27/09/15	Basildon & Phoenix Season Opener Meet	Basildon		2
6:28.25	211	H	26/10/14	Basildon & Phoenix Autumn Meet	Basildon		3
9:17.41	71		01/10/11	Canvey Island Cub Championships	Canvey Island	Basildon Ph	4

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