

Individual Best Times (All Time)

Shannon Stott - (558830) - City of Sheffield Swim Squad Ltd - 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
4:59.74	644		12/07/16	Jeux De La FISEC 2016	France		2
5:03.95	618	F	06/02/16	Hertfordshire County Championships	Borehamwood	Co St Albans	2
5:05.17	610	H	07/11/15	ASA East Region Winter Championships 2015	Luton		2
5:08.19	593	H	04/10/15	ESSA Inter-Divisional Championships	Leeds		2
5:09.16	587	F	03/07/16	City of St Albans Club Championships	St Albans	Co St Albans	4
5:11.73	573	H	26/09/15	Basildon & Phoenix Season Opener Meet	Basildon		2
5:12.53	568	F	21/03/15	Hertfordshire County Championships	Borehamwood	Co St Albans	2
5:15.90	550	H	16/11/14	Team Luton Autumn Short Course Meet	Luton		2
5:18.16	539	F	10/05/14	Mid Beds Swim Squad L2 Open Meet	Biggleswade	Co St Albans	2
5:22.01	519	F	15/03/14	Hertfordshire County Championships	Borehamwood	Co St Albans	2
5:43.44	428	F	26/01/13	City of St Albans ASC Club Championships	St Albans	Co St Albans	4
5:49.43	406	F	23/03/13	Hertfordshire County Championships	Borehamwood	Co St Albans	2
6:01.33	368	F	13/05/12	Hatfield SC UK Challenge	Hatfield	Co St Albans	2
6:01.71	366	F	24/03/12	Hertfordshire ASA County Championships	Borehamwood	Co St Albans	2
6:14.28	331	F	06/11/11	City of Norwich The Big Bang 2011	Norwich	Co St Albans	2
6:35.10	281	F	19/03/11	Hertfordshire County Championships	Borehamwood	Co St Albans	2
6:35.54	280		23/01/11	Biggleswade 12th Open Meet	Biggleswade	Co St Albans	3
6:37.77	275		05/12/10	Nuneaton & Bedworth Open	Nuneaton	Co St Albans	2

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