

# Individual Best Times (All Time)

Alicia Demetriades - (558984) - Stowmarket 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
5:02.35	447	H	17/03/12	Suffolk County Championships	Newmarket	Sudbury	2
5:03.23	443		29/09/12	Sudbury Michaelmas Olympic Special	Sudbury	Sudbury	3
5:05.66	433	F	11/05/12	West Suffolk Open Meet	Bury St Edmunds	Sudbury	3
5:06.32	430	F	14/03/13	Suffolk County Championships	Ipswich	Sudbury	2
5:06.83	428		06/04/13	Sudbury & District Spring Meet	Sudbury	Sudbury	3
5:10.60	412		11/07/12	Sudbury & District Club Championships	Sudbury	Sudbury	4
5:12.82	404		20/03/11	Suffolk County Championships	Ipswich	Sudbury	2
5:17.68	385		12/07/13	Sudbury & District Club Championships	Sudbury	Sudbury	4
5:40.75	312		21/03/10	Suffolk County Champs	Ipswich	Sudbury	2
6:48.77	181		22/03/09	Suffolk County Champs	Ipswich	Sudbury	2

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