

# Individual Best Times (All Time)

Jasmyne Head - (774345) - Rochford & District 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
5:42.35	308	H	21/07/15	Rochford & District Club Championships 2015	Rochford		4
5:43.37	305	H	15/10/16	Rochford & District Club Championships	Rochford	Rochford	4
5:45.28	300	H	04/07/13	Rochford & District Club Championships	Rochford	Rochford	4
6:00.06	265	H	24/06/14	Rochford & District SC Club Championships 2014	Rochford	Rochford	4
6:03.89	256		29/09/12	Sudbury Michaelmas Olympic Special	Sudbury	Rochford	3
6:06.34	251	H	01/12/12	Thurrock SC County Qualifier	Thurrock	Rochford	3
6:08.73	246	F	14/07/12	Barking & Dagenham End of Season Meet	Dagenham	Rochford	3

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