

Individual Best Times (All Time)

Isobel Lancaster - (805739) - West Suffolk Swimming Club - 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
5:42.99	306		28/11/14	Stowmarket Club Champs	Stowmarket	Stowmarket	4
5:58.95	267		29/11/13	Stowmarket SC Club Championships	Stowmarket	Stowmarket	4
6:14.19	236	F	08/10/21	Stowmarket SC Club Championships	Stowmarket		4
6:20.04	225	F	14/07/21	Stowmarket	Mid Suffolk		0
6:32.47	204		30/11/12	Stowmarket Swimming Club Championships	Stowmarket	Stowmarket	4
7:52.68	117		18/11/11	Stowmarket Club Championships	Stowmarket	Stowmarket	4

Swims in Date Order

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