

Individual Best Times (All Time)

Francesca Souter - (811670) - Deben SC - 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
5:32.45	472	F	22/11/15	Deben SC Open Meet 2015	Woodbridge	Deben	3
5:33.48	468	F	07/03/15	Suffolk County Championships	Ipswich	Deben	2
5:35.03	461		27/09/14	Sudbury & District SC Michaelmas Two Day Meet	Sudbury	Deben	3
5:38.17	448	F	04/10/15	West Suffolk SC The Neate Meet	Bury St Edmunds	Deben	3
5:40.30	440	F	08/03/14	Suffolk County ASA County Championships	Ipswich	Deben	2
5:40.51	439	F	13/02/16	Suffolk County Championships 2016	Ipswich	Deben	2
5:42.86	430	F	18/01/15	Teamipswich Swimming January Open Meet	Ipswich	Deben	3
5:44.55	424	F	23/11/13	Deben Open Meet	Deben	Deben	3
5:49.10	408	H	16/12/12	Braintree & Bocking Cristmas Cracker	Braintree	Deben	3
5:52.79	395	F	10/03/13	Suffolk County Championships	Ipswich	Deben	2
6:02.48	364		30/09/12	Sudbury Michaelmas Olympic Special	Sudbury	Deben	3
6:31.98	288		19/06/11	Deben Club Championships	Deben & Ipswich	Deben	4

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