

Individual Best Times (All Time)

Francesca Whiting - (837662) - Royal Tunbridge Wells Monson 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
4:29.23	634	H	27/06/21	Titans Term Target	Ellesmere	Ellesmere Co	4
4:30.29	626	F	20/06/21	RTW Monson	Tunbridge Wells	Ellesmere Co	0
4:32.42	612	H	19/10/19	Manchester International Meet 2019	Manchester	Ellesmere Co	2
4:32.85	609	H	17/11/17	Sevenoaks Club Championships 2017	Sevenoaks	Sevenoaks	4
4:33.98	601	F	01/12/18	Royal Tunbridge Wells Monson Swimming Club Champs	Tunbridge Wells	RTW Monson	4
4:34.73	596	H	18/11/16	Sevenoaks Club Championships	Sevenoaks	Sevenoaks	4
4:37.21	580	H	06/11/16	ASA South East Region Winter Championships 2016	Portsmouth	Sevenoaks	2
4:37.54	578	H	01/10/17	BPSC Season Opener 2017	Basildon	Sevenoaks	3
4:41.32	555	H	28/02/15	2015 Kent County Swimming Championships	Gillingham		2
4:43.55	542	H	19/11/15	Sevenoaks SC Club Championships 2015	Sevenoaks		4
4:45.50	531	H	27/09/15	Basildon & Phoenix Season Opener Meet	Basildon		2
4:47.66	519	H	28/11/14	Sevenoaks Club Championships	Sevenoaks		4
5:01.82	450	H	23/02/14	BG Kent ASA Swimming Championships	Gillingham	Sevenoaks	2
5:10.80	412	H	24/11/13	Sevenoaks SC Club Championships 2013	Sevenoaks	Sevenoaks	4
5:22.06	370	H	23/02/13	Kent County Championships	Gillingham	Sevenoaks	2
5:38.68	318	H	16/01/13	Sevenoaks Swimming Club Time Trial	Sevenoaks	Sevenoaks	4
6:01.94	260	H	09/12/12	Sevenoaks Club Championships	Sevenoaks	Sevenoaks	4

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