

Individual Best Times (All Time)

Isobel Banning - (844579) - Witham Dolphins 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
5:14.46	397	H	27/11/16	Braintree & Bocking SC Christmas Cracker Meet	Braintree	Witham Dolph	3
5:16.73	389	F	11/12/16	Witham Dolphins Winter Club Championships	Witney		4
5:19.92	377	F	13/10/14	Witham Dolphins SC Winter Champs 2014	Witham		4
5:21.53	372		11/01/15	Sudbury January Last Chance Time Trials	Sudbury	Witham Dolph	3
5:21.57	372	H	01/04/17	Thurrock Essex & Regional Qualifier	Thurrock	Witham Dolph	3
5:22.43	369	H	22/11/14	Harlow Penguins Winter Open Meet	Harlow	Witham Dolph	3
5:23.42	365	H	06/12/15	Braintree & Bocking Spring Festival Open Meet	Braintree	Witham Dolph	3
5:25.80	357	F	02/11/13	Teamipswich Swimming November Open Meet	Ipswich	Witham Dolph	3
5:27.65	351		16/05/15	Sudbury & District May Last Chance Time Trial	Sudbury	Witham Dolph	3
5:29.94	344	F	03/10/15	LBRSC Early County & Regional Qualifier	Fullwell Cross		3
5:31.12	340	F	26/03/17	LBR Regional Qualifying Meet March 2017	Fullwell Cross	Witham Dolph	3
5:31.53	339	F	15/10/17	Witham Dolphins Winter Club Championships	Witham		4
5:32.01	338		12/01/14	Sudbury & District January Time Trials	Sudbury	Witham Dolph	3
5:32.97	335	H	11/05/13	Braintree & Bocking Spring Festival Meet	Braintree	Witham Dolph	3
5:33.25	334	F	23/06/14	Witham Dolphins Club Swimming Championships	Witham	Witham Dolph	4
5:33.59	333	F	21/04/13	Newmarket & District SC Fifth Open Meet	Newmarket	Witham Dolph	3
5:33.60	333	F	09/06/13	Witham Dolphins SC Summer Distance Events 2013	Witham	Witham Dolph	4
5:33.81	332	F	10/11/13	Witham Dolphins Winter Club Championships	Witham	Witham Dolph	4
5:42.34	308	F	13/04/14	Teamipswich Last Chance April Open	Ipswich	Witham Dolph	3
5:45.12	301	F	08/12/12	Witham Dolphin SC Winter Club Championship	Witham	Witham Dolph	4
5:55.16	276	H	27/10/12	Basildon & Phoenix Autumn SC Meet	Basildon	Witham Dolph	3
6:15.82	233	F	20/05/12	Witham Dolphins SC Summer Club Champs	Witham	Witham Dolph	4
6:22.05	221	H	13/05/12	Thurrock One Day Regional Qualifyer	Thurrock	Witham Dolph	3
7:19.82	145	F	18/06/11	Witham Dolphins Club Championships	Witham	Witham Dolph	4

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