

Individual Best Times (All Time)

Amy Woods - (861200) - Lincoln Vulcans 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
4:59.76	459	H	30/06/18	Lincoln Vulcans Club Championships	Grantham	Lincoln Vulc	3
5:11.47	409	H	28/10/17	Lincoln Vulcans 400's Time Trials	Yarborough	Lincoln Vulc	4
5:14.69	397	H	08/07/17	Lincoln Vulcans Club Championships	Grantham	Lincoln Vulc	3
5:15.39	394	H	17/12/17	City of Leeds Xmas Meet 2017	Leeds	Lincoln Vulc	3
5:26.51	355	H	22/10/16	Lincoln Vulcans L2 Short Course Open Meet	Sheffield	Lincoln Vulc	2
5:35.42	327	H	20/11/16	Boston Club 12th Open Meet	Grantham	Lincoln Vulc	3
5:38.48	319	H	25/06/16	Lincoln Vulcans Club Championships	Grantham	Lincoln Vulc	3
6:08.21	247	H	04/07/15	Lincoln Vulcans Annual Club Championships	Grantham	Lincoln Vulc	4
6:15.14	234	H	08/03/15	Lincolnshire County ASA Swimming Championships	Louth	Lincoln Vulc	2
6:18.14	228	H	12/04/15	The 2015 Leicester Age Group Meet	Leicester	Lincoln Vulc	3
6:30.74	207	H	03/01/15	Harrogate District Janus Meet	Harrogate	Lincoln Vulc	3
6:43.35	188	H	15/11/14	Lincoln Vulcans Club Championships	Grantham	Lincoln Vulc	4

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