

Individual Best Times (All Time)

Holly Salisbury - (862880) - Carnforth & Dist Otters - 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
4:42.63	548	H	23/11/14	Liverpool & Dist Inter Association Gala	Huyton		2
4:44.25	538	H	23/05/14	Blackpool Rocks Level 3 Open Meet	Blackpool		3
4:45.70	530	H	27/09/15	North Lancashire Level 2 Meet	Blackpool		2
4:48.00	518	H	01/05/15	Blackpool Rocks Level 3 Open Meet	Blackpool		3
4:49.14	511	H	12/07/15	14th Biddulph Open Meet	Biddulph		3
4:51.78	498	H	02/10/16	North Lancs L2 Age Groups & Champs	Blackpool	Carnforth	2
4:56.10	476	H	18/01/14	North Lancashire Age Groups 2014	Blackpool	Lancaster	3
4:56.16	476	H	02/11/13	City of Salford SC Potential Olympians 2013	Salford	Lancaster	2
5:00.23	457	H	06/04/13	City of Salford Spring Meet	Salford	Lancaster	3
5:15.42	394	H	06/09/16	Blackpool Aquatics 400m Time Trial	Blackpool	Blackpool Aq	4
5:15.48	394	H	27/10/12	City Of Salford SC Potential Olympians	Salford	Lancaster	2
5:16.46	390	H	19/01/13	North Lancashire AG & Youth Champs	Blackpool	Lancaster	3
5:38.97	317	H	27/05/12	Blackpool Rocks Open Meet	Blackpool	Lancaster	3
5:39.66	315	H	21/01/12	North Lancashire Age Group & Youth Champs	Blackpool	Lancaster	3

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