

# Individual Best Times (All Time)

Amy Pemberton - (886242) - Berkhamsted 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
4:27.91	643	F	02/12/18	Plymouth Leander Christmas Open	Plymouth	Plymouth Lea	3
4:30.85	622	H	17/11/19	BUCS Short Course Swimming Championships 2019	Sheffield		2
4:35.14	594	H	30/01/22	Swim England Hertfordshire County Championships	Borehamwood	Berkhamsted	2
4:36.14	587		03/11/19	South West Region Winter SC Championships	Millfield	Plymouth Lea	2
4:36.14	587	H	03/11/19	South West Region Winter SC Championships	Millfield	Plymouth Lea	2
4:39.93	564	F	04/02/17	Herts County Champs & Age Group Champs	Borehamwood	Berkhamsted	2
4:46.78	524	F	06/02/16	Hertfordshire County Championships	Borehamwood	Berkhamsted	2
4:47.89	518	H	06/11/16	East Swimming 2016 SC Championships	Luton	Berkhamsted	2
4:54.43	484	F	21/11/15	Watford November County Qualifier Open Meet	Watford	Berkhamsted	3
5:00.46	456	F	15/11/15	Berkhamsted SC Club Champs 2015 Session 3	Berkhamsted	Berkhamsted	4
5:08.67	420	F	29/11/14	Berkhamsted Club Championships	Aylesbury	Berkhamsted	4
5:19.44	379	F	18/11/13	Berkhamsted Club Championships	Berkhamsted	Berkhamsted	4
5:19.97	377	F	15/03/14	Hertfordshire County Championships	Borehamwood	Berkhamsted	2
5:44.11	303	F	25/11/12	Watford SC Middle Distance & 50m Sprint	Watford	Berkhamsted	3
5:51.13	285	F	14/01/12	Watford County Qualifier Meet	Watford	Berkhamsted	3
5:58.81	267	F	24/03/12	Hertfordshire ASA County Championships	Borehamwood	Berkhamsted	2

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