

Individual Best Times (All Time)

Abbie Winstanley - (906764) - City of Manchester Aquatics - 400 Individual Medley - 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 |
|---------|--------|-------|----------|--|-------------|-----------------|-------|
| 5:26.51 | 498 | H | 16/12/18 | Workington & Cockermouth Allerdale Club Champs | Workington | Cockermouth | 3 |
| 5:26.79 | 497 | H | 25/11/17 | Allerdale Gala 2017 | Workington | Workington | 3 |
| 5:33.89 | 466 | H | 16/10/16 | The Allerdale Gala 2016 | Workington | Workington | 3 |
| 5:38.92 | 445 | H | 06/02/16 | 2016 Cumbria Age Groups & County Championships | Whitehaven | Workington | 2 |
| 5:42.31 | 432 | H | 24/11/19 | Allerdale Club Championships 2019 | Workington | Cockermouth | 3 |
| 5:50.84 | 402 | H | 06/12/15 | 2015 Cumbria Autumn Meet | Whitehaven | | 3 |
| 5:55.79 | 385 | H | 13/09/15 | Workington ASC 6th Presidents Open Meet | Workigton | | 3 |
| 5:56.28 | 383 | H | 08/03/15 | 2015 Cumbria Age Groups & County Championships | Kendal | | 2 |
| 5:58.38 | 377 | F | 30/09/15 | Cockermouth Club Championships | Cockermouth | Cockermouth | 4 |
| 6:07.91 | 348 | H | 24/01/15 | 2015 Cumbria Winter Meet | Workington | | 3 |
| 6:14.43 | 330 | H | 13/09/14 | Workington ASC 5th Presidents Open Gala | Cumbria | | 3 |

Swims in Date Order

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