

# Individual Best Times (All Time)

Helena Hordern - (908098) - Stafford Apex 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
4:38.91	570	H	18/11/18	Stafford Apex Winter Open Meet	Stafford	StaffordApex	3
4:43.17	544	H	03/12/17	Stafford Apex Winter Open Meet	Stafford	StaffordApex	3
4:44.23	538	H	11/02/18	Staffordshire ASA Championships	Stafford	StaffordApex	2
4:44.34	538	H	12/11/17	Stourbridge Long Distance Open Meet	Wolverhampton	StaffordApex	3
4:45.01	534	H	12/02/17	Staffordshire ASA Championships	Stafford	StaffordApex	2
4:46.10	528	H	10/02/19	Staffordshire ASA County Swimming Championships	Stafford	StaffordApex	2
4:46.40	526	H	01/04/17	COSACSS Y2K 2017	Stoke-on-Trent	StaffordApex	3
4:47.20	522	H	07/10/18	Stafford Apex 2018 Autumn Meet	Stafford	StaffordApex	3
4:49.54	509	H	04/12/16	Stafford Apex 2016 Winter Open Meet	Stafford	StaffordApex	3
4:57.61	469	H	14/02/16	Staffordshire County Championships 2016	Stafford	StaffordApex	2
5:01.97	449	H	06/12/15	Stafford Apex 2015 Winter Open Meet	Stafford	StaffordApex	3
5:02.66	446	H	12/07/15	14th Biddulph Open Meet	Biddulph		3
5:04.66	437	H	04/10/15	Stafford Apex 2015 Autumn Open Meet	Stafford		3
5:05.07	435	H	01/02/15	Staffordshire ASA County Championships	Stafford		2
5:16.35	390	H	16/11/14	Stafford Apex Open Meet	Stafford		2
5:18.19	384		22/11/14	P B Buster Gala	Wolverhampton	StaffordApex	3
5:25.18	359	H	02/03/14	Staffordshire ASA County Championships	Stafford	StaffordApex	2
5:26.32	356	H	16/11/13	Stafford Apex Open Meet	Stafford	StaffordApex	2
5:42.28	308	H	03/03/13	Staffordshire County Championships	Stafford	StaffordApex	2
6:05.65	253	H	18/11/12	Stafford Apex Licensed Meet	Stafford	StaffordApex	2

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:46.10	528	H	10/02/19	Staffordshire ASA County Swimming Championships	Stafford	StaffordApex	2
4:38.91	570	H	18/11/18	Stafford Apex Winter Open Meet	Stafford	StaffordApex	3
4:47.20	522	H	07/10/18	Stafford Apex 2018 Autumn Meet	Stafford	StaffordApex	3

4:44.23	538	H	11/02/18	Staffordshire ASA Championships	Stafford	StaffordApex	2
4:43.17	544	H	03/12/17	Stafford Apex Winter Open Meet	Stafford	StaffordApex	3
4:44.34	538	H	12/11/17	Stourbridge Long Distance Open Meet	Wolverhampton	StaffordApex	3
4:46.40	526	H	01/04/17	COSACSS Y2K 2017	Stoke-on-Trent	StaffordApex	3
4:45.01	534	H	12/02/17	Staffordshire ASA Championships	Stafford	StaffordApex	2
4:49.54	509	H	04/12/16	Stafford Apex 2016 Winter Open Meet	Stafford	StaffordApex	3
4:57.61	469	H	14/02/16	Staffordshire County Championships 2016	Stafford	StaffordApex	2
5:01.97	449	H	06/12/15	Stafford Apex 2015 Winter Open Meet	Stafford	StaffordApex	3
5:04.66	437	H	04/10/15	Stafford Apex 2015 Autumn Open Meet	Stafford		3
5:02.66	446	H	12/07/15	14th Biddulph Open Meet	Biddulph		3
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