

Individual Best Times (All Time)

Thea O'keefe - (913413) - Swim Bournemouth - 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 |
|---------|--------|-------|----------|--|------------------|-----------------|-------|
| 5:06.99 | 600 | F | 17/12/17 | City of Bristol Christmas Cracker Meet | Hengrove Park LC | Poole | 2 |
| 5:10.82 | 578 | H | 25/02/17 | Dorset County Champs & Age Groups | Bournemouth | Poole | 2 |
| 5:12.11 | 571 | F | 21/10/18 | Millfield School & Street SC TYR | Millfield School | Poole | 2 |
| 5:12.90 | 566 | H | 02/02/19 | Dorset 2019 Integrated Champs and Age Group Comp | Bournemouth | Poole | 2 |
| 5:13.63 | 562 | F | 17/12/16 | City of Bristol Christmas Cracker | Bristol | Poole | 3 |
| 5:13.67 | 562 | F | 18/11/18 | Guildford City L2 Winter Open | Surrey SP | Poole | 2 |
| 5:15.83 | 551 | F | 29/10/17 | Poole Season Starter 2017 | Dorchester | Poole | 3 |
| 5:15.84 | 551 | | 29/11/15 | Swim Bournemouth Winter Short Course L2 Meet | Littledown | Poole | 2 |
| 5:17.75 | 541 | H | 06/11/16 | ASA SWR Winter Championships | Millfield | Poole | 2 |
| 5:18.85 | 535 | | 20/02/16 | Dorset County ASA Integrated Champs & AG | Littledown | Poole | 2 |
| 5:19.76 | 531 | F | 31/10/15 | Millfield & Taunton Super Series | Millfield | Poole | 2 |
| 5:20.33 | 528 | F | 17/07/16 | Poole Club Championships | Poole | Poole | 4 |
| 5:20.61 | 526 | F | 04/10/15 | 2015 Poole Early Bird Autumn Open Meet | Poole | Poole | 3 |
| 5:20.69 | 526 | H | 08/11/15 | ASA South West Short Course Championships | Millfield | | 2 |
| 5:24.70 | 507 | | 19/07/15 | Poole 2015 Championship Gala | Poole | Poole | 4 |
| 5:27.22 | 495 | | 28/02/15 | Dorset County ASA 2015 Interated BAGCATs | Littledown | Poole | 2 |
| 5:42.00 | 434 | | 05/10/14 | Poole Club Championships | Poole | Poole | 4 |
| 5:46.14 | 418 | H | 26/07/14 | Swindon Dolphin End of Season Meet | Swindon | | 3 |
| 5:48.07 | 411 | | 01/03/14 | Dorset County Age Group Champs 2014 | Littledown | Poole | 2 |
| 6:29.93 | 292 | | 02/03/13 | Dorset County Championships | Littledown | Poole | 2 |

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