

Individual Best Times (All Time)

Thea O'keefe - (913413) - Swim Bournemouth - 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
4:18.43	716	H	03/11/18	ASA SWR Winter Championships	Millfield	Poole	2
4:19.49	708	F	16/12/17	City of Bristol Christmas Cracker Meet	Hengrove Park LC	Poole	2
4:21.82	689	H	15/12/18	SE Winter Championships 2018	Sheffield	Poole	2
4:22.98	680	F	20/10/18	Millfield School & Street SC TYR	Millfield School	Poole	2
4:22.98	680	H	07/12/19	Swim England National Winter Championships (25m)	Sheffield	Poole	2
4:23.14	679	F	17/11/18	Guildford City L2 Winter Open	Surrey SP	Poole	2
4:23.41	677	F	28/10/17	Poole Season Starter 2017	Dorchester	Poole	3
4:23.81	673	F	16/06/18	Poole Club Championships 2018	Poole	Poole	4
4:24.43	669	H	17/02/19	Dorset 2019 Integrated Champs and Age Group Comp	Bournemouth	Poole	2
4:25.36	662	F	15/10/16	Swim Bournemouth Autumn L2 Open Meet	Bournemouth	Poole	2
4:26.88	650	F	25/11/17	Swim Bournemouth Short Course L2 Meet	Bournemouth	Poole	2
4:27.49	646	F	01/11/15	Millfield & Taunton Super Series	Millfield	Poole	2
4:27.50	646	H	07/11/15	ASA South West Short Course Championships	Millfield		2
4:27.51	646	H	18/02/18	Dorset County ASA Champs & Age Group Competition	Littledown	Poole	2
4:27.72	644		03/11/19	South West Region Winter SC Championships	Millfield	Poole	2
4:27.72	644	H	03/11/19	South West Region Winter SC Championships	Millfield	Poole	2
4:28.00	642	H	18/01/20	Dorset 2020 Integrated Champs and Age Group Comp	Littledown	Poole	2
4:28.10	642	H	19/02/17	Dorset County Champs & Age Groups	Bournemouth	Poole	2
4:28.22	641	F	16/07/16	Poole Club Championships	Poole	Poole	4
4:28.98	635		28/02/16	Dorset County ASA Integrated Champs & AG	Littledown	Poole	2
4:29.08	635	F	03/10/15	2015 Poole Early Bird Autumn Open Meet	Poole	Poole	3
4:29.93	629		28/11/15	Swim Bournemouth Winter Short Course L2 Meet	Littledown	Poole	2
4:30.75	623	F	18/12/16	City of Bristol Christmas Cracker	Bristol	Poole	3
4:34.96	595	H	05/11/16	ASA SWR Winter Championships	Millfield	Poole	2
4:34.96	595	H	19/10/19	Manchester International Meet 2019	Manchester	Poole	2
4:36.94	582		18/07/15	Poole 2015 Championship Gala	Poole	Poole	4
4:38.00	580		20/11/14	Swim Bournemouth 6th Christmas Open Meet	Bournemouth	Poole	2

4:39.20	568		30/11/14	Swim Bournemouth 6th Christmas Open Meet	Bournemouth	Poole	
4:39.85	564		22/02/15	Dorset County ASA 2015 Interated BAGCATs	Littledown	Poole	2
4:52.17	496		06/04/14	Swim Bournemouth 4th Annual Open Meet	Bournemouth	Poole	2
4:52.90	492		04/10/14	Poole Club Championships	Poole	Poole	4
4:53.24	490	H	27/07/14	Swindon Dolphin End of Season Meet	Swindon		3
4:54.05	486		23/02/14	Dorset County Age Group Champs 2014	Littledown	Poole	2
5:17.34	387		07/07/13	Dorset Development Meet	Bournemouth	Poole	3
5:32.37	337		23/02/13	Dorset County Championships	Littledown	Poole	2

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