

Individual Best Times (All Time)

Alexandra Palotai-Avella - (916714) - Seagulls Swimming Club - 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
5:13.16	565		03/11/19	South West Region Winter SC Championships	Millfield	Seagulls SC	2
5:13.16	565	H	03/11/19	South West Region Winter SC Championships	Millfield	Seagulls SC	2
5:13.29	564	F	17/03/19	Poole Swimming Club Regional Qualifier 2019	Dorchester	Poole	3
5:15.73	551	H	02/02/19	Dorset 2019 Integrated Champs and Age Group Comp	Bournemouth	Poole	2
5:15.81	551	H	03/02/18	Dorset County ASA Champs & Age Group Competition	Littledown	S Bournem'th	2
5:16.72	546	F	29/11/19	Swim Wales Short Course Championships	WNPS	Seagulls SC	2
5:20.04	529	F	16/12/18	City of Bristol Christmas Cracker Meet	Hengrove Park	Poole	2
5:20.99	524	F	26/11/17	Swim Bournemouth Short Course L2 Meet	Bournemouth	S Bournem'th	2
5:22.02	519	F	28/09/19	Seagulls Club Championships	Two Riversmeet	Seagulls SC	4
5:25.88	501	H	25/02/17	Dorset County Champs & Age Groups	Bournemouth	Bournmth Coll	2
5:28.78	488	F	22/10/17	Swim Bournemouth Club Championship	Wimborne	S Bournem'th	4
5:32.55	472	F	16/09/18	Swim Bournemouth Club Championships 2018	Littledown Centre	S Bournem'th	4
5:39.21	444	F	17/12/16	Yeovil Christmas Meet	Millfield		3
6:04.94	357		25/10/15	Swim Bournemouth 2015 Level 4 Introductory Meet	Littledown	S Bournem'th	4
6:09.48	344		28/02/15	Dorset County ASA 2015 Interated BAGCATs	Littledown	S Bournem'th	2

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