

Individual Best Times (All Time)

Tilly Anema - (931590) - City of Norwich SC - 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
5:15.13	554	H	02/10/16	Cambridge Grand Prix Regional & National Qualifier	Cambridge	Norwich Swan	2
5:15.25	554	H	02/11/19	Swim England East Region Short Course Champs 2019	Basildon	Co Norwich	2
5:15.98	550	H	21/01/17	Norfolk ASA County Championships 2017	Norfolk	Norwich Swan	2
5:16.31	548	H	03/11/18	Swim England East Region Short Course Championship	Luton	Co Norwich	2
5:18.92	535	H	11/07/15	Norwich Swan Club Championships 2015	Dereham	Norwich Swan	4
5:22.08	519	H	15/07/17	Norwich Swan Club Championships	Wymondham	Norwich Swan	4
5:22.10	519	H	09/07/16	Norwich Swan Club Championships	Wymondham	Norwich Swan	4
5:22.34	518	H	05/11/16	East Swimming 2016 SC Championships	Luton	Norwich Swan	2
5:24.18	509	H	13/02/16	Norfolk County Championships 2016	Thetford	Norwich Swan	2
5:25.03	505	H	28/02/15	Norfolk County Championships	Thetford	Norwich Swan	2
5:26.25	499	H	01/10/17	Cambridge Grand Prix	Cambridge	Norwich Swan	2
5:30.29	481	F	26/09/19	CONSC 2019 Club Championships	Norwich	Co Norwich	4
5:30.69	480	H	04/10/15	Cambridge L2 Regional & National SC Qualifier	Cambridge	Norwich Swan	2
5:33.97	466	F	27/09/18	CoNSC Club Championships 2018	Norwich	Co Norwich	4
5:44.86	423	H	01/03/14	Norfolk County Champs & AG Comp	Thetford	Norwich Swan	2

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:15.25	554	H	02/11/19	Swim England East Region Short Course Champs 2019	Basildon	Co Norwich	2
5:30.29	481	F	26/09/19	CONSC 2019 Club Championships	Norwich	Co Norwich	4
5:16.31	548	H	03/11/18	Swim England East Region Short Course Championship	Luton	Co Norwich	2
5:33.97	466	F	27/09/18	CoNSC Club Championships 2018	Norwich	Co Norwich	4
5:26.25	499	H	01/10/17	Cambridge Grand Prix	Cambridge	Norwich Swan	2
5:22.08	519	H	15/07/17	Norwich Swan Club Championships	Wymondham	Norwich Swan	4
5:15.98	550	H	21/01/17	Norfolk ASA County Championships 2017	Norfolk	Norwich Swan	2
5:22.34	518	H	05/11/16	East Swimming 2016 SC Championships	Luton	Norwich Swan	2

5:15.13	554	H	02/10/16	Cambridge Grand Prix Regional & National Qualifier	Cambridge	Norwich Swan	2
5:22.10	519	H	09/07/16	Norwich Swan Club Championships	Wymondham	Norwich Swan	4
5:24.18	509	H	13/02/16	Norfolk County Championships 2016	Thetford	Norwich Swan	2
5:30.69	480	H	04/10/15	Cambridge L2 Regional & National SC Qualifier	Cambridge	Norwich Swan	2
5:18.92	535	H	11/07/15	Norwich Swan Club Championships 2015	Dereham	Norwich Swan	4
5:25.03	505	H	28/02/15	Norfolk County Championships	Thetford	Norwich Swan	2
5:44.86	423	H	01/03/14	Norfolk County Champs & AG Comp	Thetford	Norwich Swan	2