

# Individual Best Times (All Time)

Tilly Anema - (931590) - City of Norwich 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
4:29.45	632	H	23/01/16	Norfolk County Championships 2016	Wymondham	Norwich Swan	2
4:31.97	615	H	03/11/19	Swim England East Region Short Course Champs 2019	Basildon	Co Norwich	2
4:32.89	608	H	13/07/15	Norwich Swan Club Championships 2015	Norwich	Norwich Swan	4
4:35.58	591	H	04/11/18	Swim England East Region Short Course Championship	Luton	Co Norwich	2
4:38.22	574	H	16/07/14	Norwich Swan SC Club Championships	Wymondham	Norwich Swan	4
4:38.88	570	H	28/01/17	Norfolk ASA County Championships 2017	Norfolk	Norwich Swan	2
4:39.13	568	H	04/07/16	Norwich Swan Club Championships	Norwich	Norwich Swan	4
4:39.16	568	H	04/07/17	Norwich Swan Club Championships	Wymondham	Norwich Swan	4
4:39.28	568	H	06/11/16	East Swimming 2016 SC Championships	Luton	Norwich Swan	2
4:39.30	567	H	30/09/16	Cambridge Grand Prix Regional & National Qualifier	Cambridge	Norwich Swan	2
4:39.88	564	H	09/01/15	City of Cambridge Winter Open Short Course	Parkside	Norwich Swan	2
4:40.02	563	H	21/02/15	Norfolk County Championships	Wymondham	Norwich Swan	2
4:40.28	562	H	06/12/14	ASA East Region Winter Championships	Luton	Norwich Swan	2
4:42.18	550	F	19/11/16	City of Peterborough Winter Meet 2016	Peterborough	Norwich Swan	3
4:43.69	541	H	08/11/15	ASA East Region Winter Championships 2015	Luton	Norwich Swan	2
4:45.28	532	F	20/09/18	CoNSC Club Championships 2018	Norwich	Co Norwich	4
4:45.90	529	H	02/10/15	Cambridge L2 Regional & National SC Qualifier	Cambridge	Norwich Swan	2
4:46.16	528	H	29/09/17	Cambridge Grand Prix	Cambridge	Norwich Swan	2
4:47.99	518	F	01/11/14	City of Norwich Big Bang Meet	Norwich		2
4:51.46	499	H	22/02/14	Norfolk County Champs & AG Comp	Wymondham	Norwich Swan	2
4:53.58	489	H	10/01/14	City of Cambridge Winter Meet	Cambridge	Norwich Swan	2
4:59.82	459	F	24/11/13	Deben Open Meet	Deben	Norwich Swan	3
5:03.06	444	H	17/07/13	Norwich Swan Club Championships	Wymondham	Norwich Swan	4
5:18.09	384	F	21/04/13	Newmarket & District SC Fifth Open Meet	Newmarket	Norwich Swan	3
5:23.58	365	H	09/02/13	Norfolk County ASA Champs & Age Group	Wymondham	Norwich Swan	2
5:26.14	356		12/01/13	Sudbury & District Last Chance Open Meet	Sudbury	Norwich Swan	3
5:41.10	311	F	17/11/10	Deben Open Meet 2010	Deben	Norwich Swan	3

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5:26.14	356		12/01/13	Sudbury & District Last Chance Open Meet	Sudbury	Norwich Swan	3
5:41.12	311	F	17/11/12	Deben Open Meet 2012	Deben	Norwich Swan	3