

Individual Best Times (All Time)

Sophie Johnstone - (971157) - Newcastle SwimTeam - 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
4:43.02	545	H	27/06/21	Newcastle Swim Team	Gosforth	Newcastle	0
4:49.17	511	H	16/06/19	Middlesbrough 2019 June Meet Gala	The Neptune Centre	Newcastle	3
4:53.08	491	F	18/11/18	TASC Winer Gala	Tynemouth Pool	Newcastle	3
4:54.66	483	F	02/03/19	Midlothian Spring Meet	Mercat Gait Centre	Newcastle	2
4:56.97	472	H	12/10/18	BOSSS Winter Swim Festival 2018	Billingham	Newcastle	2
4:59.06	462	H	15/04/18	South Tyneside Spring Meet 2018	South Shields	Newcastle	3
5:09.25	418	H	10/12/17	Middlesbrough Christmas 2017 Meet	The Neptune Centre	Newcastle	3
5:16.06	391	H	13/10/17	BOSSS Winter Swim Festival 2017	Billingham	Newcastle	2
5:18.97	381	H	11/12/16	Middlesbrough Christmas Meet	Middlesbrough	Newcastle	3
5:36.63	324	H	17/04/16	South Tyneside Spring Meet	South Shields	Newcastle	3
6:26.04	215	H	17/10/15	South Tyneside SC Autumn Meet	South Shields		3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:43.02	545	H	27/06/21	Newcastle Swim Team	Gosforth	Newcastle	0
4:49.17	511	H	16/06/19	Middlesbrough 2019 June Meet Gala	The Neptune Centre	Newcastle	3
4:54.66	483	F	02/03/19	Midlothian Spring Meet	Mercat Gait Centre	Newcastle	2
4:53.08	491	F	18/11/18	TASC Winer Gala	Tynemouth Pool	Newcastle	3
4:56.97	472	H	12/10/18	BOSSS Winter Swim Festival 2018	Billingham	Newcastle	2
4:59.06	462	H	15/04/18	South Tyneside Spring Meet 2018	South Shields	Newcastle	3
5:09.25	418	H	10/12/17	Middlesbrough Christmas 2017 Meet	The Neptune Centre	Newcastle	3
5:16.06	391	H	13/10/17	BOSSS Winter Swim Festival 2017	Billingham	Newcastle	2
5:18.97	381	H	11/12/16	Middlesbrough Christmas Meet	Middlesbrough	Newcastle	3
5:36.63	324	H	17/04/16	South Tyneside Spring Meet	South Shields	Newcastle	3
6:26.04	215	H	17/10/15	South Tyneside SC Autumn Meet	South Shields		3