

# WOMEN'S 400 IM AVERAGE TURN TIME RANGES (WALL TO 15M)

DATA RANGE 2015 - 2019



Turn	Best Recorded	Olympic/World 1st	Olympic/World Top 3	Olympic/World Top 8
1 Fly to Fly	9.21	9.37	9.51	9.68
2 Fly to Back	9.53	9.72	10.12	10.35
3 Back to Back	8.73	8.92	8.97	9.09
4 Back to Breast	10.59	10.74	10.97	11.21
5 Breast to Breast	10.72	10.90	11.00	11.21
6 Breast to Free	8.69	8.97	9.21	9.32
7 Free to Free	8.06	8.47	8.82	8.99

# WOMEN'S 400 IM AVERAGE TURN TIME RANGES (WALL TO 15M)

DATA RANGE 2015 - 2019



Olympic/World Top 8    Olympic/World Medallist    Olympic/World Gold Medallist    Best Recorded

