

Individual Best Times (All Time)

Jake Armstrong - (1109144) - Corby ASC - 400 Freestyle - Long 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 |
|---------|--------|-------|----------|--|----------|-----------------|-------|
| 5:21.73 | 320 | H | 26/01/19 | 2019 NASA County Championships | Corby | Corby | 1 |
| 5:33.04 | 288 | H | 25/11/18 | City of Coventry Winter Open Meet | Coventry | Corby | 3 |
| 5:38.69 | 274 | H | 02/12/17 | Corby 200 400m Club Championships | Corby | Nene Valley | 4 |
| 5:39.75 | 271 | H | 24/03/18 | Corby Annual Long Course Open Meet | Corby | Nene Valley | 3 |
| 5:45.09 | 259 | H | 27/01/18 | NASA 2018 County Championships | Corby | Nene Valley | 1 |
| 6:07.99 | 213 | H | 12/02/17 | NASA 2017 County Championships | Corby | Nene Valley | 1 |
| 6:13.98 | 203 | H | 07/02/16 | Northamptonshire County Championships | Corby | Nene Valley | 1 |
| 6:17.39 | 198 | H | 10/07/16 | Northampton 2016 Long Course Summer Festival | Corby | Nene Valley | 3 |
| 6:38.16 | 168 | H | 12/07/15 | Northampton Summer Festival Open Meet | Corby | Nene Valley | 3 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------|--------|-------|----------|--|----------|-----------------|-------|
| 5:21.73 | 320 | H | 26/01/19 | 2019 NASA County Championships | Corby | Corby | 1 |
| 5:33.04 | 288 | H | 25/11/18 | City of Coventry Winter Open Meet | Coventry | Corby | 3 |
| 5:39.75 | 271 | H | 24/03/18 | Corby Annual Long Course Open Meet | Corby | Nene Valley | 3 |
| 5:45.09 | 259 | H | 27/01/18 | NASA 2018 County Championships | Corby | Nene Valley | 1 |
| 5:38.69 | 274 | H | 02/12/17 | Corby 200 400m Club Championships | Corby | Nene Valley | 4 |
| 6:07.99 | 213 | H | 12/02/17 | NASA 2017 County Championships | Corby | Nene Valley | 1 |
| 6:17.39 | 198 | H | 10/07/16 | Northampton 2016 Long Course Summer Festival | Corby | Nene Valley | 3 |
| 6:13.98 | 203 | H | 07/02/16 | Northamptonshire County Championships | Corby | Nene Valley | 1 |
| 6:38.16 | 168 | H | 12/07/15 | Northampton Summer Festival Open Meet | Corby | Nene Valley | 3 |