# Individual Best Times (All Time)

**Daniel Gencas - (1129633) - Loughborough University Swimming - 400 Individual Medley - 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 |
|---|---|---|---|---|---|---|---|
| 4:50.30 | 582 | F | 23/03/19 | Wycombe Swimming's 4th LC Premier Meet | Wycombe | Romford Town | 1 |
| 4:51.79 | 574 | H | 29/06/19 | Romford Town End of Season Meet 2019 | Basildon | Romford Town | 3 |
| 4:52.32 | 570 | H | 15/02/20 | Essex Age Group Championships 2020 | Basildon | Romford Town | 1 |
| 4:52.91 | 567 | H | 16/02/19 | Essex Age Group Champs 2019 | Basildon | Romford Town | 1 |
| 4:53.86 | 561 | F | 18/01/20 | C. o. C. Welsh Capital Open Meet 2020 | Cardiff | Romford Town | 1 |
| 4:56.92 | 544 | F | 25/05/18 | Cardiff International Open Meet | Cardiff | Romford Town | 1 |
| 4:57.11 | 543 | F | 10/03/18 | WDSC Long Course Premier Open Meet | Wycombe | Romford Town | 1 |
| 4:57.78 | 540 | F | 31/07/18 | Swim England National Summer Meet | Sheffield | Romford Town | 1 |
| 4:57.82 | 539 | H | 31/07/18 | Swim England National Summer Meet | Sheffield | Romford Town | 1 |
| 4:58.56 | 535 | H | 15/04/18 | N&EL L1 National Qualifying Meet | London | Romford Town | 1 |
| 5:02.80 | 513 | H | 17/02/18 | Essex Age Group Championships 2018 | Basildon | Romford Town | 1 |
| 5:02.89 | 513 | H | 05/11/17 | 2017 London Swimming Regional Winter Champs | London | Romford Town | 1 |
| 5:07.21 | 491 | H | 14/05/17 | 2017 London Swimming Regional AG Champs | Stratford | Romford Town | 1 |
| 5:12.47 | 467 | H | 16/04/17 | Team Luton April Long Course Meet 2017 | Luton | Romford Town | 1 |
| 5:20.63 | 432 | H | 18/02/17 | Essex Age Group Championships 2017 | Basildon | Romford Town | 1 |
| 5:47.32 | 340 | H | 23/01/16 | Essex Age Group Championships 2016 | Basildon | Romford Town | 1 |
| 5:47.32 | 340 | H | 23/01/16 | Essex Age Group Championships 2016 | Basildon | Romford Town | 1 |
| 5:48.27 | 337 | F | 19/04/14 | UEA City of Norwich Easter LC Meet 2014 | Norwich | | 1 |
| 5:50.62 | 330 | H | 15/06/14 | London Region Age Group Championships | Stratford | | 1 |
| 5:55.24 | 318 | H | 25/10/14 | Rushmoor Royals 11th Autumn Meet | Aldershot | | 1 |
| 5:58.77 | 308 | F | 01/11/14 | City of Bristol Open Meet | Bristol | | 3 |
| 6:33.31 | 234 | F | 02/11/13 | City of Bristol SC Level 3 LC Open Meet | Bristol | | 3 |
| 6:44.85 | 214 | F | 14/07/13 | Wycombe District SC End of Season Meet | Wycombe | | 3 |

**Swims in Date Order**

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---|---|---|---|---|---|---|---|

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 4:52.32 | 570 | H | 15/02/20 | Essex Age Group Championships 2020 | Basildon | Romford Town | 1 |
| 4:53.86 | 561 | F | 18/01/20 | C. o. C. Welsh Capital Open Meet 2020 | Cardiff | Romford Town | 1 |
| 4:51.79 | 574 | H | 29/06/19 | Romford Town End of Season Meet 2019 | Basildon | Romford Town | 3 |
| 4:50.30 | 582 | F | 23/03/19 | Wycombe Swimming's 4th LC Premier Meet | Wycombe | Romford Town | 1 |
| 4:52.91 | 567 | H | 16/02/19 | Essex Age Group Champs 2019 | Basildon | Romford Town | 1 |
| 4:57.78 | 540 | F | 31/07/18 | Swim England National Summer Meet | Sheffield | Romford Town | 1 |
| 4:57.82 | 539 | H | 31/07/18 | Swim England National Summer Meet | Sheffield | Romford Town | 1 |
| 4:56.92 | 544 | F | 25/05/18 | Cardiff International Open Meet | Cardiff | Romford Town | 1 |
| 4:58.56 | 535 | H | 15/04/18 | N&EL L1 National Qualifying Meet | London | Romford Town | 1 |
| 4:57.11 | 543 | F | 10/03/18 | WDSC Long Course Premier Open Meet | Wycombe | Romford Town | 1 |
| 5:02.80 | 513 | H | 17/02/18 | Essex Age Group Championships 2018 | Basildon | Romford Town | 1 |
| 5:02.89 | 513 | H | 05/11/17 | 2017 London Swimming Regional Winter Champs | London | Romford Town | 1 |
| 5:07.21 | 491 | H | 14/05/17 | 2017 London Swimming Regional AG Champs | Stratford | Romford Town | 1 |
| 5:12.47 | 467 | H | 16/04/17 | Team Luton April Long Course Meet 2017 | Luton | Romford Town | 1 |
| 5:20.63 | 432 | H | 18/02/17 | Essex Age Group Championships 2017 | Basildon | Romford Town | 1 |
| 5:47.32 | 340 | H | 23/01/16 | Essex Age Group Championships 2016 | Basildon | Romford Town | 1 |
| 5:47.32 | 340 | H | 23/01/16 | Essex Age Group Championships 2016 | Basildon | Romford Town | 1 |
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| 6:44.85 | 214 | F | 14/07/13 | Wycombe District SC End of Season Meet | Wycombe | | 3 |