

Individual Best Times (All Time)

Daniel Gencas - (1129633) - Loughborough University Swimming - 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
4:07.69	701	H	02/02/20	Essex Age Group Championships 2020	Basildon	Romford Town	1
4:07.97	699	F	24/07/18	British Summer Championships	Sheffield	Romford Town	1
4:09.49	686	F	06/05/19	London 2019 Long Course Summer Championships	London Aquatics Cnt	Romford Town	1
4:09.95	682	H	03/02/19	Essex Age Group Champs 2019	Basildon	Romford Town	1
4:10.26	679	H	23/07/19	British Summer Championships	Glasgow	Romford Town	1
4:10.44	678	F	24/03/19	Wycombe Swimming's 4th LC Premier Meet	Wycombe	Romford Town	1
4:10.49	678	H	30/06/19	Romford Town End of Season Meet 2019	Basildon	Romford Town	3
4:10.98	674	F	19/01/20	C. o. C. Welsh Capital Open Meet 2020	Cardiff	Romford Town	1
4:11.24	672	H	14/04/19	Newham & East London L1 National Qualifying Meet	London	Romford Town	1
4:12.70	660	H	24/07/18	British Summer Championships	Sheffield	Romford Town	1
4:13.70	652	H	07/05/18	2018 London Swimming Regional Summer Champs	Stratford	Romford Town	1
4:17.37	625	H	15/04/18	N&EL L1 National Qualifying Meet	London	Romford Town	1
4:17.41	624		22/02/19	McCullagh International Meet	Bangor		1
4:19.19	612	F	27/05/18	Cardiff International Open Meet	Cardiff	Romford Town	1
4:21.21	598	H	20/01/18	Essex Age Group Championships 2018	Basildon	Romford Town	1
4:21.56	595	F	11/03/18	WDSC Long Course Premier Open Meet	Wycombe	Romford Town	1
4:25.93	566	H	07/10/17	Lincoln Vulcans Long Course Open Meet	Sheffield	Romford Town	1
4:25.98	566	H	21/05/17	2017 London Swimming Regional Age Group Champs	Crystal Palace	Romford Town	1
4:29.23	546	H	05/11/17	2017 London Swimming Regional Winter Champs	London	Romford Town	1
4:31.13	534	F	12/03/17	Wycombe Long Course Premier Open Meet	Wycombe	Romford Town	1
4:40.50	482	H	21/01/17	Essex Age Group Championships 2017	Basildon	Romford Town	1
4:40.50	482	H	21/01/17	Essex Age Group Championships	London	Romford Town	1
4:40.50	482	H	21/01/17	Essex Age Group Championships 2017	Basildon	Romford Town	1
4:41.55	477	H	15/04/17	Team Luton April Long Course Meet 2017	Luton	Romford Town	1
4:48.53	443	H	08/05/16	London Region Age Grp Summer Championships	Crystal Palace	Romford Town	1
4:57.40	405	H	08/06/14	London Region Age Group Championships	Stratford		1
5:01.07	300	H	20/02/16	Essex Age Group Championships 2016	Basildon	Romford Town	1

5:01.07	390	H	20/02/16	Essex Age Group Championships 2016	Basildon	Romford Town	1
5:03.23	382	F	02/11/14	City of Bristol Open Meet	Bristol		3
5:07.35	367	H	26/10/14	Rushmoor Royals 11th Autumn Meet	Aldershot		1
5:10.02	357	F	20/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich		1
5:32.54	289	F	03/11/13	City of Bristol SC Level 3 LC Open Meet	Bristol		3
5:51.13	246	F	13/07/13	Wycombe District SC End of Season Meet	Wycombe		3

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