

# Individual Best Times (All Time)

Yasser Hassan - (1154117) - Brompton SC - 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
4:17.03	627	H	26/02/23	BUCS Long Course Swimming Championships 2023	Sheffield		1
4:17.24	626	H	10/03/23	Derventio eXcel Early March Meet 2023	Sheffield	Brompton	1
4:18.33	618	F	18/02/23	Middlesex County Championships 2023	Hillingdon		1
4:18.42	617	F	28/04/24	SE London Region Summer Championships 2024	London		1
4:18.44	617	F	20/05/23	Portsmouth Northsea Nationals Last Chance 2023	Mountbatten Centre		1
4:18.54	616	F	23/07/23	Winchester City Penguins Summer Scorcher 2023	Winchester		3
4:19.88	607	F	15/03/20	2020 London Region Spring Open Meet	London	Brompton	1
4:19.92	606		20/07/22	Irish Summer National Championships 2022	Dublin	Brompton	1
4:20.45	603	F	23/04/23	SE London Summer Championships 2023	Crawley		1
4:21.45	596	F	26/03/22	The Winchester Spring Qualifier	Winchester		1
4:21.98	592	H	13/03/22	Putteridge SC Spring LC National Qualifier 2022	Luton	Brompton	1
4:23.25	584	F	16/02/20	The 2020 Middlesex County Championships	London	Brompton	1
4:24.83	573	F	01/05/22	SE London Summer Championships 2022	Stratford		1
4:26.24	564	F	06/02/22	MIDDX County Championships 2022	Hillingdon LC		1
4:26.83	561	H	20/02/22	Speedo & BUCS Long Course Swimming Championships	Sheffield		1

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