

Individual Best Times (All Time)

Neo Seppman - (1171805) - City of Swansea Aquatics Club - 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
4:59.53	396	F	19/10/19	Neath ASC Open Meet	Swansea	Swansea Aq	1
4:59.59	396	F	16/02/19	Swansea Aquatics Spring Long Course 2019	WNPS	Swansea Aq	1
5:07.63	366	F	18/11/17	Swansea Aquatics Long Course Autumn Meet	Swansea	Swansea Aq	1
5:07.94	364	F	21/10/17	Neath ASC Open Meet 2017	Swansea	Swansea Aq	1
5:10.60	355	F	15/09/17	Swim Wales Legends Meet	Swansea	Swansea Aq	1
5:14.25	343	F	05/08/18	Swim Wales Summer Nationals	Swansea	Swansea Aq	1
5:22.09	318	F	22/10/16	Neath Level 1 Open Meet	Swansea	Swansea Aq	1
5:32.56	289	F	04/08/16	Swim Wales Summer Nationals	Swansea	Swansea Aq	1
5:47.49	254	F	20/09/15	Swim Wales Legends Meet	Swansea	Swansea Aq	3

Swims in Date Order

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