

Individual Best Times (All Time)

Charlie Southwood - (1237280) - Torfaen Dolphins Performance - 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
4:27.29	558	F	07/08/23	Swim Wales Summer Open 2023	Swansea		1
4:28.22	552	F	10/06/23	Torfaen Dolphins Long Course Meet 2023	Cardiff		1
4:28.50	550	F	10/02/24	Swim Wales Regional Racing Series - SE 2024	Cardiff		1
4:32.85	524	F	17/12/21	Swim Wales Winters 2021	Swansea		1
4:37.72	497	F	02/04/22	Welsh Capital Open Meet	Cardiff		1
4:40.45	483	F	17/04/22	Swim Wales National Championships 2022	Swansea		1
4:41.43	478	F	07/08/21	Swansea Festival of Swimming 2021	Swansea		1
4:42.31	473	F	12/03/22	Team Bath & Millfield National Qualifier L1 Meet	Millfield		1
4:55.59	412	F	15/03/20	Millfield & Team Bath AS L1 National Qualifier	Millfield School	Torfaen D	1
5:06.97	368	F	02/08/19	Swim Wales Summer Nationals	Swansea	Torfaen D	1
5:16.92	334	F	23/03/19	UoB & Bristol Henleaze National Qualifier Open	Hengrove	Torfaen D	1
5:31.02	293	F	16/06/19	Torfaen Dolphins Long Course Meet 2019	Cardiff	Torfaen D	3
5:55.38	237	F	16/09/18	Swim Wales Legends Meet	Swansea	Torfaen D	1

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