

Individual Best Times (All Time)

Ashton Netherwood - (1314634) - Arun Tridents 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
4:51.86	428	F	26/02/23	Sussex County & Age Group Championships 2023	Crawley		1
4:59.94	394	F	07/05/22	Swim England South East Summer Championships	Crawley		1
5:05.65	373	F	27/02/22	Sussex County ASA County Championships	Crawley		1
5:27.49	303	F	25/09/21	Crawley SC Lis Hartley L3 Crawley LC Open Meet 21	Crawley		3
5:37.19	278	F	23/02/20	Sussex County ASA Champs and Age Group Comp	Crawley	Arun Trident	1
5:53.18	241	F	24/02/19	SUSSEX COUNTY CHAMPIONSHIPS	Crawley	Arun Trident	1
6:14.58	202	H	01/12/18	Rushmoor Royals Last Chance County Qualifier Meet	Aldershot	Arun Trident	3

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