

Individual Best Times (All Time)

Louis Allen - (1345743) - Chelmsford City SC - 400 Individual Medley - 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
5:41.66	357	H	01/08/21	British Swimming Festival of Swimming East Region	UEA Norwich	Basildon Ph	1
5:48.10	338	H	15/02/20	Essex Age Group Championships 2020	Basildon	Basildon Ph	1
6:07.55	287	H	14/12/19	RTSC Christmas Cracker	Stratford	Basildon Ph	3

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