

# Individual Best Times (All Time)

Henry Russell - (1389945) - Portsmouth Northsea 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
4:37.26	500	F	30/03/24	Portsmouth Northsea Easter Meet 2024 LC L1 Meet	Portsmouth		1
4:40.03	485	F	11/03/23	Swansea Aquatic Spring LC Meet 2023	Swansea		1
4:40.22	484	F	20/05/23	Portsmouth Northsea Nationals Last Chance 2023	Mountbatten Centre		1
4:40.47	483	F	21/01/24	Hampshire County Swimming Championships 2024	Winchester		1
4:42.17	474	F	06/05/24	SE South East Region LC Championships 2024	High Wycombe		1
4:43.52	467	F	08/04/23	Portsmouth Northsea SC Easter Meet 2023	Portsmouth		1
4:46.51	453	F	04/12/22	Portsmouth Northsea SC Christmas Meet 2022	Mountbatten Centre		3
4:47.51	448	F	21/01/23	Hampshire ASA County Championships 2023	Winchester		1
4:48.13	445	F	14/05/23	SE South East Region Summer Championships 2023	Winchester		1
5:09.36	359	H	15/01/22	Hampshire County ASA Swimming Championships 2022	Winchester	Portsmouth N	1

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