

Individual Best Times (All Time)

Michael Ares - (1399393) - Chelsea & Westminster 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
5:23.08	316	F	23/07/23	Winchester City Penguins Summer Scorcher 2023	Winchester		3
5:35.31	282	F	08/04/23	Portsmouth Northsea SC Easter Meet 2023	Portsmouth		1
5:41.20	268	F	18/02/23	Middlesex County Championships 2023	Hillingdon		1
6:25.74	185	F	20/02/22	2022 Wycombe Dual Award (L3) Long Course Meet	High Wycombe		3

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