

Individual Best Times (All Time)

Harrison Dale - (1469123) - Southport 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
5:38.87	366	H	30/03/24	Liverpool National Qualifier Meet 2024	Liverpool	Southport	1
5:45.13	346	H	14/05/23	SE North West Regional Summer Championships 2023	Liverpool	Southport	1
5:53.76	322	H	01/04/23	City Of Liverpool National Meet 2023	Liverpool	Southport	1
5:54.93	318	H	05/02/23	Lancashire County Age Groups & Championships 2023	Liverpool	Southport	1
6:11.23	278	H	01/05/22	SE North West Summer Regional Swimming Champs	Liverpool	Southport	1
6:16.81	266	H	30/01/22	Lancs County Age Groups & Championships 2022	Wavertree LC	Southport	1

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