

Individual Best Times (All Time)

Henry Allsop - (1472286) - Exeter City Swimming Club - 400 Individual Medley - Long Course

Swims in Time Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------|--------|-------|----------|---------------------------------|----------|-----------------|-------|
| 6:06.95 | 288 | F | 17/01/23 | Devon County Championships 2023 | Plymouth | | 1 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------|--------|-------|----------|---------------------------------|----------|-----------------|-------|
| 6:06.95 | 288 | F | 17/01/23 | Devon County Championships 2023 | Plymouth | | 1 |