

Individual Best Times (All Time)

Zac Krol - (1486297) - Atlantis Swimming Club - 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
5:30.20	296	F	23/09/23	Crawley SC Lis Hartley Open Meet L3 2023	Crawley		3
5:33.59	287	F	25/02/24	Sussex County ASA County Championships	Crawley		1
5:35.69	281	F	25/03/23	Guildford City L1 Spring Open Meet 2023	Surrey Sports Parl		1
5:43.66	262	F	26/02/23	Sussex County & Age Group Championships 2023	Crawley		1
5:52.97	242	F	24/09/22	Lis Hartley L3 Open Meet Crawley 2022	K2 Crawley		3
5:55.06	238	F	27/02/22	Sussex County ASA County Championships	Crawley		1

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