

Individual Best Times (All Time)

Rupert Knox - (1497986) - Haslemere Swimming Club - 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
6:15.14	270	F	03/02/24	Surrey Age Group Championships 2024	Guildford		1
6:23.76	252	F	25/11/23	Rushmoor Royals Winter L3 LC Open Meet 2023	Aldershot		3

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