

Individual Best Times (All Time)

Rupert Knox - (1497986) - Haslemere 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
5:18.47	329	F	28/04/24	SE South East Region LC Championships 2024	Winchester		1
5:22.11	318	F	21/01/24	Surrey Age Group Championships 2024	Guildford		1
6:00.20	228	F	16/07/23	Rushmoor Royals End of Season LC L3 Open Meet 2023	Aldershot		3
6:04.88	219	F	26/03/23	Rushmoor Royals SC Spring Open Meet 2023	Aldershot		3
6:10.19	210	F	22/01/23	Surrey County Age Group Championships 2023	Guildford		1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:18.47	329	F	28/04/24	SE South East Region LC Championships 2024	Winchester		1
5:22.11	318	F	21/01/24	Surrey Age Group Championships 2024	Guildford		1
6:00.20	228	F	16/07/23	Rushmoor Royals End of Season LC L3 Open Meet 2023	Aldershot		3
6:04.88	219	F	26/03/23	Rushmoor Royals SC Spring Open Meet 2023	Aldershot		3
6:10.19	210	F	22/01/23	Surrey County Age Group Championships 2023	Guildford		1