

Individual Best Times (All Time)

Hugo Johnson - (180552) - Borough of Southend Swimming and - 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
4:31.97	529	H	23/11/13	Essex Winter Long Course Competition	Basildon	Bo Southend	1
4:37.67	497	H	24/11/12	Essex Winter Long Course Championships	Basildon	Bo Southend	1
4:41.00	480	H	17/11/12	Team Luton Inaugural Long Course Meet	Luton	Bo Southend	1
4:45.41	458	H	10/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	Bo Southend	1
4:50.19	436	H	26/05/12	City of Sheffield No Frills Gala	Sheffield	Bo Southend	1
4:50.55	434	H	17/12/11	Killerwhales Winter Open	Basildon	Bo Southend	1
4:50.76	433	H	27/11/11	Essex ASA Winter LC Championships	Basildon	Bo Southend	1
4:55.33	413	H	09/04/11	City of Norwich Easter Meet	Norwich	Bo Southend	1
5:01.78	387	H	12/06/11	BG East Region Bagcat Championships	Norwich	Bo Southend	1
5:04.07	379	H	29/05/10	Sheffield No Frills Meet	Sheffield	Bo Southend	1
5:05.71	373	H	13/06/10	East Region BAGCATS	Norwich	Bo Southend	1
5:09.82	358	H	08/05/10	Berks & SBucks No Frills	Aldershot	Bo Southend	1
5:15.52	339	H	03/04/10	City of Norwich Easter Meet	Norwich	Bo Southend	1

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