

# Individual Best Times (All Time)

James Clark - (186554) - Swindon Dolphin ASC - 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
4:22.28	590	H	28/05/11	City of Sheffield No Frills Meet	Sheffield	Bath Univ	1
4:22.29	590	F	05/12/10	Team Bath Aquae Sulis Meet	Bath	Bath Univ	1
4:30.36	539	H	30/04/11	BG South West Region Youth Championships	Street	Bath Univ	1
4:32.29	527	F	01/07/11	Cardiff International Open Meet 2011	Cardiff	Bath Univ	1
4:33.91	518		29/01/11	London, South East and South West Zonal	London	Bath Univ	1
4:34.40	515		19/12/09	Plymouth Leander Open Mt	Millfield	Bath Univ	1
4:38.48	493	H	06/06/09	South West Region Champs	Millfield	Bath Univ	1
4:40.81	481	H	10/01/09	City of Derby Open Meet	Sheffield	Bath Univ	1
4:43.56	467		05/12/08	Team Bath Grand Prix	Bath	Bath Univ	1
4:44.18	464		05/12/08	Team Bath Grand Prix	Bath	Bath Univ	1
4:51.77	429	H	17/06/07	South West Region Age Grp	Millfield	Bath Univ	1
4:52.96	423	H	15/06/08	South West Region Champs	Millfield	Bath Univ	1
5:04.32	378	H	18/06/06	South West Region BAGCATS	Millfield	Bath Univ	1
5:29.11	298	H	12/06/05	Western Counties Bagcats Champ	Millfield	Bath Univ	1

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