

Individual Best Times (All Time)

Michael Adair - (195011) - Worcester SC - 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
4:40.62	482	H	05/06/10	BG Midland Age Groups	Coventry	Worcester	1
4:49.04	441		19/12/09	Plymouth Leander Open Mt	Millfield	Worcester	1
4:50.45	434	H	10/05/09	City of Coventry Open	Coventry	Worcester	1
4:50.48	434	H	11/04/09	Derventio Excel 3rd Open	Sheffield	Worcester	1
4:53.25	422	H	06/06/09	The Midlands Age Groups	Coventry	Worcester	1
5:04.13	378		07/12/08	Plymouth Leander Open	Millfield School	Worcester	1
5:04.97	375	H	15/06/08	Midland Age Group Champs	Coventry	Worcester	1
5:11.84	351	H	27/04/08	Coventry Spring Open Meet	Coventry	Worcester	1
5:15.38	339	H	22/03/08	City of Sheffield Premier	Sheffield	Worcester	1
5:27.86	302	H	17/06/07	East & West Midlands Age	Coventry	Worcester	1
5:49.61	249	H	13/05/07	City of Coventry May Mt	Coventry	Worcester	1

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