

Individual Best Times (All Time)

James Day - (206917) - Basildon and Phoenix SC - 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
5:16.48	449	H	14/05/11	Rotherham Metro Level One Meet	Sheffield	Basildon Ph	1
5:18.90	439	H	02/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	Basildon Ph	1
5:21.14	430	H	15/01/11	Chester Le Street Burns Open Meet	Sheffield	Basildon Ph	1
5:23.71	420	H	04/06/11	BG East Region Bagcat Championships	Norwich	Basildon Ph	1
5:24.94	415	H	28/05/11	City of Sheffield No Frills Meet	Sheffield	Basildon Ph	1
5:25.20	414	H	27/11/11	Essex ASA Winter LC Championships	Basildon	Basildon Ph	1
5:26.85	408	H	01/08/10	British Gas Nat Age Grps	Sheffield	Basildon Ph	1
5:27.22	407	H	05/06/10	BG East Region Bagcats	Norwich	Basildon Ph	1
5:43.64	351	H	21/11/09	Bexley Long Distance Mt	Crystal Palace	Basildon Ph	1
5:54.10	321	H	14/06/09	East Region Age Groups	Norwich	Basildon Ph	1
5:59.47	307		19/04/09	Crawley Spring Meet 2009	Crawley	Basildon Ph	1
6:06.52	289	H	14/12/08	City of Sheffield Distance	Sheffield	Basildon Ph	1
6:10.30	280	H	15/06/08	East Region Bagcat Champs	Norwich	Basildon Ph	1

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