

# Individual Best Times (All Time)

Elliot Routledge - (220643) - Workington 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
4:46.87	604	F	03/05/14	2014 ASANWR Youth Championships	Liverpool	Cockermouth	1
4:48.10	596	H	17/01/15	City of Sunderland New Year Meet	Sunderland	Cockermouth	1
4:48.46	594	H	05/08/14	BG ASA Youth & MC Championships 2014	Sheffield	Cockermouth	1
4:51.16	577	F	07/12/13	2013 ASA NWR Regional Championships	Manchester	Cockermouth	1
4:51.74	574	F	08/06/13	BG NWR 2013 Age Group Championships	Manchester	Cockermouth	1
4:52.47	570	H	03/05/14	2014 ASANWR Youth Championships	Liverpool	Cockermouth	1
4:55.04	555	H	23/05/15	ASA 2015 North West Regional Championships	Liverpool	Cockermouth	1
4:55.40	553	H	07/12/13	2013 ASA NWR Regional Championships	Manchester	Cockermouth	1
4:57.89	539	H	28/07/13	BG ASA National Age Groups 2013	Sheffield	Cockermouth	1
4:59.92	528	H	08/06/13	BG NWR 2013 Age Group Championships	Manchester	Cockermouth	1
5:07.04	492	H	14/04/13	Stockport Metro April Meet	Stockport	Cockermouth	1
5:10.66	475	H	04/11/12	City of Sunderland 2012 Firecracker	Sunderland	Cockermouth	1
5:24.62	416	H	09/06/12	North West Region Age Group Championships	Manchester	Cockermouth	1
5:29.25	399	H	15/04/12	Stockport Metro April Open Meet	Stockport	Cockermouth	1
5:43.71	351	H	01/08/10	British Gas Nat Age Grps	Sheffield	Cockermouth	1
5:45.11	346	F	12/06/10	North West Age Groups	Manchester	Cockermouth	1
5:54.60	319	H	12/06/10	North West Age Groups	Manchester	Cockermouth	1
6:00.77	303	H	18/04/10	Stockport Metro Open Meet	Stockport	Cockermouth	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:55.04	555	H	23/05/15	ASA 2015 North West Regional Championships	Liverpool	Cockermouth	1
4:48.10	596	H	17/01/15	City of Sunderland New Year Meet	Sunderland	Cockermouth	1
4:48.46	594	H	05/08/14	BG ASA Youth & MC Championships 2014	Sheffield	Cockermouth	1
4:46.87	604	F	03/05/14	2014 ASANWR Youth Championships	Liverpool	Cockermouth	1
4:52.47	570	H	03/05/14	2014 ASANWR Youth Championships	Liverpool	Cockermouth	1

4:51.16	577	F	07/12/13	2013 ASA NWR Regional Championships	Manchester	Cockermouth	1
4:55.40	553	H	07/12/13	2013 ASA NWR Regional Championships	Manchester	Cockermouth	1
4:57.89	539	H	28/07/13	BG ASA National Age Groups 2013	Sheffield	Cockermouth	1
4:51.74	574	F	08/06/13	BG NWR 2013 Age Group Championships	Manchester	Cockermouth	1
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5:07.04	492	H	14/04/13	Stockport Metro April Meet	Stockport	Cockermouth	1
5:10.66	475	H	04/11/12	City of Sunderland 2012 Firecracker	Sunderland	Cockermouth	1
5:24.62	416	H	09/06/12	North West Region Age Group Championships	Manchester	Cockermouth	1
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