

# Individual Best Times (All Time)

Elliot Routledge - (220643) - Workington 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
4:21.72	594	F	09/06/13	BG NWR 2013 Age Group Championships	Manchester	Cockermouth	1
4:25.29	570	H	13/04/13	Stockport Metro April Meet	Stockport	Cockermouth	1
4:26.98	560	H	09/06/13	BG NWR 2013 Age Group Championships	Manchester	Cockermouth	1
4:28.63	549	H	26/01/14	Northern Area Zonal Meet 2014	Sheffield	Cockermouth	1
4:44.72	461	H	10/06/12	North West Region Age Group Championships	Manchester	Cockermouth	1
4:47.21	449	H	14/04/12	Stockport Metro April Open Meet	Stockport	Cockermouth	1
5:02.70	384	H	30/07/10	British Gas Nat Age Grps	Sheffield	Cockermouth	1
5:07.80	365	H	17/04/10	Stockport Metro Open Meet	Stockport	Cockermouth	1
5:13.96	344	H	13/06/10	North West Age Groups	Manchester	Cockermouth	1
5:18.63	329	H	21/11/09	Stockport Metro 15th Mt	Stockport	Cockermouth	1
5:24.34	312	F	14/06/09	North West Region Champs	Manchester	Cockermouth	1
5:30.77	294	H	14/06/09	North West Region Champs	Manchester	Cockermouth	1

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5:30.77

294

H

14/06/09

North West Region Champs

Manchester

Cockermouth

1