

Individual Best Times (All Time)

James Penfare - (25395) - Orion 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
4:25.56	569	H	11/02/12	BUCS Swimming (50m) Championships 2012	Sheffield	Birm'ham Uni	1
4:32.47	526		04/05/08	South East Region Youths	Aldershot	Birm'ham Uni	1
4:42.41	473		06/10/07	Crawley Early Bird Meet	Crawley	Birm'ham Uni	1
4:46.24	454	H	15/04/07	Crawley Spring LC Meet	Crawley	Birm'ham Uni	1
5:42.13	266	H	08/02/04	Surrey County Championships	Crystal Palace	Birm'ham Uni	1

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