

Individual Best Times (All Time)

Christopher Murphy - (260181) - Flitwick Dolphins 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
4:31.02	535	H	15/04/12	Radford SC 30th Open Meet	Sheffield	Flitwick	1
4:34.94	512	H	15/10/11	Lincoln Vulcans Open Meet	Sheffield	Flitwick	1
4:35.12	511	H	05/05/12	ASA East Region Youth Championships	Basildon	Flitwick	1
4:39.63	487	H	12/06/11	BG East Region Bagcat Championships	Norwich	Flitwick	1
4:39.66	487	H	13/06/10	East Region BAGCATS	Norwich	Flitwick	1
4:47.89	446	H	11/07/10	Northampton Summer Meet	Corby	Flitwick	4
4:48.63	443	H	22/03/15	Bedfordshire ASA County Championships	Luton		1
4:57.40	405	H	06/06/09	East Region BAGCATS	UEA Norwich	Flitwick	1
5:19.09	328	H	07/06/08	East Region Bagcat Champs	Norwich	Flitwick	1
6:02.99	222	H	02/06/07	East Region BAGCAT Champs	Norwich	Flitwick	1

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