

Individual Best Times (All Time)

Zack Campbell-Maughan - (275226) - West Norfolk Swimming Club - 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
4:31.52	532	H	03/05/15	ASA East Region Summer Championships Weekend 1	Luton	West Norfolk	1
4:33.59	520	H	20/12/14	Northampton Winter Festival Meet	Corby	West Norfolk	1
4:35.45	509	H	12/04/15	Derventio Excel 9th Open Meet	Sheffield	West Norfolk	1
4:37.61	498	F	20/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	West Norfolk	1
4:37.66	497	F	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich		1
4:38.43	493	H	18/10/14	Lincoln Vulcans Long Course L1 Meet	Sheffield	West Norfolk	1
4:38.68	492	F	03/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich		1
4:41.40	478	F	09/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	West Norfolk	1
4:41.65	477	H	03/05/14	ASA East Region Youth Championships	Luton	West Norfolk	1
5:18.50	329	H	28/05/11	Crystal Palace Beacon Long Course Meet	London	West Norfolk	1
5:19.53	326	H	06/06/10	BG London Region Bagcats	London	West Norfolk	1
5:28.47	300	H	10/04/10	Bexley Long Course Meet	London	West Norfolk	1
6:06.76	216		23/05/09	Ealing Spring LC Open	Ealing	West Norfolk	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:31.52	532	H	03/05/15	ASA East Region Summer Championships Weekend 1	Luton	West Norfolk	1
4:35.45	509	H	12/04/15	Derventio Excel 9th Open Meet	Sheffield	West Norfolk	1
4:38.68	492	F	03/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich		1
4:37.66	497	F	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich		1
4:33.59	520	H	20/12/14	Northampton Winter Festival Meet	Corby	West Norfolk	1
4:38.43	493	H	18/10/14	Lincoln Vulcans Long Course L1 Meet	Sheffield	West Norfolk	1
4:41.65	477	H	03/05/14	ASA East Region Youth Championships	Luton	West Norfolk	1
4:37.61	498	F	20/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	West Norfolk	1
4:41.40	478	F	09/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	West Norfolk	1
5:18.50	329	H	28/05/11	Crystal Palace Beacon Long Course Meet	London	West Norfolk	1

5:19.53	326	H	06/06/10	BG London Region Bagcats	London	West Norfolk	1
5:28.47	300	H	10/04/10	Bexley Long Course Meet	London	West Norfolk	1
6:06.76	216		23/05/09	Ealing Spring LC Open	Ealing	West Norfolk	1