

Individual Best Times (All Time)

Matthew Anderson - (278227) - Carlton Forum 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 |
|---------|--------|-------|----------|--|-----------|-----------------|-------|
| 4:32.75 | 525 | H | 25/05/13 | City of Sheffield No Frill Meet | Sheffield | Nova Cent'n | 1 |
| 4:33.91 | 518 | H | 19/10/13 | Lincoln Vulcans Long Course Meet | Sheffield | Nova Cent'n | 1 |
| 4:34.06 | 517 | H | 29/03/13 | City of Sheffield Premier Meet 2013 | Sheffield | Nova Cent'n | 1 |
| 4:37.95 | 496 | H | 20/05/12 | Rotherham Metro SC Long Course Open Meet | Sheffield | Nova Cent'n | 1 |
| 4:38.21 | 494 | H | 26/05/12 | City of Sheffield No Frills Gala | Sheffield | Nova Cent'n | 1 |
| 4:41.13 | 479 | H | 20/10/12 | Lincoln Vulcans SC LC Open Meet | Sheffield | Nova Cent'n | 1 |
| 4:41.52 | 477 | H | 14/01/12 | City of Derby 11th Long Course Open Meet | Sheffield | Nova Cent'n | 1 |
| 4:42.86 | 470 | H | 20/12/14 | Northampton Winter Festival Meet | Corby | | 1 |
| 4:43.95 | 465 | H | 05/11/11 | City of Coventry November Open Meet | Coventry | Nova Cent'n | 1 |
| 4:47.62 | 447 | H | 02/06/12 | Midlands Age Group Championships | Coventry | Nova Cent'n | 1 |
| 4:54.91 | 415 | H | 15/05/11 | Rotherham Metro Level One Meet | Sheffield | Nova Cent'n | 1 |
| 4:57.80 | 403 | H | 28/05/11 | City of Sheffield No Frills Meet | Sheffield | Nova Cent'n | 1 |
| 5:09.53 | 359 | H | 25/04/11 | Radford Easter Open Meet | Sheffield | Nova Cent'n | 1 |

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