

Individual Best Times (All Time)

David Colley - (363024) - City of Cardiff - 400 Individual Medley - 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
5:06.59	494	H	28/01/12	ASA South Zonal Meet	Millfield	Mt Kelly	1
5:07.24	491	H	27/05/12	City of Sheffield No Frills Gala	Sheffield	Mt Kelly	1
5:08.85	484	F	19/11/11	Bath Grand Prix	Bath	Mt Kelly	1
5:12.73	466	H	22/05/11	City of Sunderland May Open Meet	Sunderland	Mt Kelly	1
5:14.95	456	F	04/08/11	Welsh Summer Nationals	Swansea	Mt Kelly	1
5:15.11	455	F	07/08/10	BG Wales Summer Nationals	Swansea	Mt Kelly	1
5:16.20	451		08/04/11	Scottish National Open Championships	Glasgow	Mt Kelly	1
5:17.06	447	H	03/07/11	Scottish Gas National Open Championships	Glasgow	Mt Kelly	1
5:17.57	445	F	16/10/11	Swim Swansea Open Meet	Swansea	Mt Kelly	1
5:17.78	444	H	30/05/10	Co Sunderland 2nd Open Meet	Sunderland	Mt Kelly	1
5:19.07	439		26/06/10	BG Scottish Nationals Open	Glasgow	Mt Kelly	1
5:19.81	435	F	09/04/10	Scottish Nationals Meet	Glasgow	Mt Kelly	1
5:21.85	427	H	07/05/12	BG SWR Youth Championships	Plymouth	Mt Kelly	1
5:33.92	383	H	31/05/09	City of Sunderland Open	Sunderland	Mt Kelly	1
5:36.94	372		08/04/09	Scottish National Age Grp	Edinburgh	Mt Kelly	1
5:42.50	354		22/02/09	East District LC TT	Edinburgh	Mt Kelly	1
5:49.69	333		03/05/08	City of Glasgow Open Meet	Glasgow	Mt Kelly	2
5:56.30	315		01/03/08	West District Champs	East Kilbride	Mt Kelly	2
5:57.68	311		31/05/08	SASA West District GP 4	East Kilbride	Mt Kelly	1

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5:56.30	315		01/03/08	West District Champs	East Kilbride	Mt Kelly	2