

# Individual Best Times (All Time)

Daniel Stepton - (40784) - Enfield Swim Squad - 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 |
|---------|--------|-------|----------|--------------------------------|----------------|-----------------|-------|
| 4:09.38 | 687    | H     | 28/07/09 | British Gas Youth Champs       | Sheffield      | Lboro Uni       | 1     |
| 4:12.78 | 659    | H     | 02/05/09 | London Region Youth Champ      | Crystal Palace | Lboro Uni       | 1     |
| 4:14.96 | 643    | H     | 29/07/08 | National Youth Champs 2008     | Sheffield      | Lboro Uni       | 1     |
| 4:15.93 | 635    | H     | 03/05/08 | London Region Youth Champ      | Ealing         | Lboro Uni       | 1     |
| 4:20.91 | 600    | H     | 02/05/10 | BG London Youth Champs         | London         | Lboro Uni       | 1     |
| 4:21.67 | 594    | H     | 27/07/07 | ASA Youth & Open 2007          | Sheffield      | Lboro Uni       | 1     |
| 4:21.79 | 594    | H     | 22/03/08 | City of Sheffield Premier      | Sheffield      | Lboro Uni       | 1     |
| 4:23.80 | 580    |       | 19/04/08 | Crawley Spring Open Meet       | Crawley        | Lboro Uni       | 1     |
| 4:23.86 | 580    | H     | 28/07/06 | National AG Champs 2006        | Sheffield      | Lboro Uni       | 1     |
| 4:24.58 | 575    | H     | 26/05/07 | Sheffield No Frills Meet       | Sheffield      | Lboro Uni       | 1     |
| 4:25.66 | 568    | H     | 01/12/07 | Snow Frills Winter Meet        | Sheffield      | Lboro Uni       | 1     |
| 4:25.78 | 567    | H     | 07/05/07 | London Region Youths           | Crystal Palace | Lboro Uni       | 1     |
| 4:25.84 | 567    |       | 06/04/07 | Leatherhead Easter Open        | Crystal Palace | Lboro Uni       | 2     |
| 4:27.55 | 556    | H     | 28/05/06 | Sheffield No Frills            | Sheffield      | Lboro Uni       | 1     |
| 4:32.85 | 524    | H     | 04/06/06 | London Region Age Groups       | Crystal Palace | Lboro Uni       | 1     |
| 4:44.08 | 464    | H     | 05/05/05 | Southern Counties Bagcat Champ | Crystal Palace | Lboro Uni       | 1     |
| 5:00.89 | 391    | H     | 13/06/04 | SCASA Cheestrings Bagcat Champ | Crystal Palace | Lboro Uni       | 1     |
| 5:23.32 | 315    | H     | 31/05/03 | Guildford City Open Meet       | Aldershot      | Lboro Uni       | 1     |

## Swims in Date Order

| Time    | WA Pts | Round | Date     | Meet                       | Venue          | Club Swam Under | Level |
|---------|--------|-------|----------|----------------------------|----------------|-----------------|-------|
| 4:20.91 | 600    | H     | 02/05/10 | BG London Youth Champs     | London         | Lboro Uni       | 1     |
| 4:09.38 | 687    | H     | 28/07/09 | British Gas Youth Champs   | Sheffield      | Lboro Uni       | 1     |
| 4:12.78 | 659    | H     | 02/05/09 | London Region Youth Champ  | Crystal Palace | Lboro Uni       | 1     |
| 4:14.96 | 643    | H     | 29/07/08 | National Youth Champs 2008 | Sheffield      | Lboro Uni       | 1     |
| 4:15.93 | 635    | H     | 03/05/08 | London Region Youth Champ  | Ealing         | Lboro Uni       | 1     |

|         |     |   |          |                                |                |           |   |
|---------|-----|---|----------|--------------------------------|----------------|-----------|---|
| 4:23.80 | 580 |   | 19/04/08 | Crawley Spring Open Meet       | Crawley        | Lboro Uni | 1 |
| 4:21.79 | 594 | H | 22/03/08 | City of Sheffield Premier      | Sheffield      | Lboro Uni | 1 |
| 4:25.66 | 568 | H | 01/12/07 | Snow Frills Winter Meet        | Sheffield      | Lboro Uni | 1 |
| 4:21.67 | 594 | H | 27/07/07 | ASA Youth & Open 2007          | Sheffield      | Lboro Uni | 1 |
| 4:24.58 | 575 | H | 26/05/07 | Sheffield No Frills Meet       | Sheffield      | Lboro Uni | 1 |
| 4:25.78 | 567 | H | 07/05/07 | London Region Youths           | Crystal Palace | Lboro Uni | 1 |
| 4:25.84 | 567 |   | 06/04/07 | Leatherhead Easter Open        | Crystal Palace | Lboro Uni | 2 |
| 4:23.86 | 580 | H | 28/07/06 | National AG Champs 2006        | Sheffield      | Lboro Uni | 1 |
| 4:32.85 | 524 | H | 04/06/06 | London Region Age Groups       | Crystal Palace | Lboro Uni | 1 |
| 4:27.55 | 556 | H | 28/05/06 | Sheffield No Frills            | Sheffield      | Lboro Uni | 1 |
| 4:44.08 | 464 | H | 05/05/05 | Southern Counties Bagcat Champ | Crystal Palace | Lboro Uni | 1 |
| 5:00.89 | 391 | H | 13/06/04 | SCASA Cheestrings Bagcat Champ | Crystal Palace | Lboro Uni | 1 |
| 5:23.32 | 315 | H | 31/05/03 | Guildford City Open Meet       | Aldershot      | Lboro Uni | 1 |