

Individual Best Times (All Time)

Jacob Cross - (417276) - Rushmoor Royals 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
4:57.31	405	H	10/07/16	Rushmoor Royals Club Championships	Aldershot		4
5:02.81	383		27/02/10	Hampshire County Champs	Portsmouth	Rushmoor Ryl	1
5:05.72	373	H	20/12/09	Rushmoor Royals Club Chmp	Aldershot	Rushmoor Ryl	4
5:11.35	353		28/02/09	Hampshire County Champs	Aldershot	Rushmoor Ryl	2
5:12.43	349	H	31/10/10	Rushmoor Royals Open	Aldershot	Rushmoor Ryl	1
5:27.99	302		31/05/09	South East Region Champs	Crawley	Rushmoor Ryl	1
5:40.99	268	H	27/04/08	Coventry Spring Open Meet	Coventry	Rushmoor Ryl	1
5:49.34	249	H	16/12/07	Rushmoor Royals Champ 2007	Aldershot	Rushmoor Ryl	4

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