

Individual Best Times (All Time)

Reece Nicholls - (440315) - Basildon and Phoenix 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
4:12.67	660	H	05/08/17	Swim England National Summer Meet (50m)	Sheffield	Basildon Ph	1
4:12.89	659	F	05/08/17	Swim England National Summer Meet (50m)	Sheffield	Basildon Ph	1
4:15.28	640	H	30/04/17	ASA East Long Course Championships	Luton	Basildon Ph	1
4:16.15	634	H	12/03/17	ESSA 67th National Inter-Divisiona Championships	Liverpool		1
4:17.04	627	H	04/08/16	ASA Summer Nationals 2016	Sheffield	Basildon Ph	1
4:17.20	626	F	04/08/16	ASA Summer Nationals 2016	Sheffield	Basildon Ph	1
4:18.03	620	H	15/04/17	BPSC Easter Meet 2017	Basildon	Basildon Ph	1
4:19.48	610	H	16/04/16	Team Luton April Long Course Meet	Luton	Basildon Ph	1
4:19.67	608	H	21/01/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1
4:19.67	608	H	21/01/17	Essex Age Group Championships	London	Basildon Ph	1
4:19.67	608	H	21/01/17	Essex Age Group Championships 2017	Basildon	Basildon Ph	1
4:21.20	598	H	28/10/17	Essex Senior Winter Championships 2017	Basildon	Basildon Ph	1
4:22.75	587	H	20/02/16	Essex Age Group Championships 2016	Basildon	Basildon Ph	1
4:24.28	577	H	04/05/15	London Region Summer Championships	Crystal Palace		1
4:29.03	547	F	16/05/15	MCASA Long Course Open Meet	Luton	Enfield Sq	1
4:44.57	462	H	21/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	BorRedbridge	1
4:45.67	457	H	02/06/13	ASA London Region Age Groups 2013	London	BorRedbridge	1
5:09.62	359	H	03/06/12	British Gas ASA London Region AG Champs	Crystal Palace	BorRedbridge	1
5:17.54	332	H	05/06/11	BG London Region Bagcat Championships	London	BorRedbridge	1
5:21.13	321	H	09/04/11	Bexley Long Course Open Meet	Crystal Palace	BorRedbridge	1
5:27.05	304	F	19/12/10	Hillingdon Winter Meet	Hillingdon	BorRedbridge	1
5:28.56	300	H	31/10/10	Rushmoor Royals Open	Aldershot	BorRedbridge	1
5:32.29	290	H	06/06/10	BG London Region Bagcats	London	BorRedbridge	1
5:47.66	253		19/12/09	Plymouth Leander Open Mt	Millfield	BorRedbridge	1
5:48.35	252	H	22/05/10	Bracknell & Wokingham Meet	Aldershot	BorRedbridge	1

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