

# Individual Best Times (All Time)

Thomas Roberts - (444465) - Calverton and Bingham 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
4:12.74	660	H	04/05/13	Midland Youth Championships	Corby	Nova Cent'n	1
4:14.65	645	H	30/07/13	BG ASA National Youth Championships	Sheffield	Nova Cent'n	1
4:14.84	643	H	29/03/13	City of Sheffield Premier Meet 2013	Sheffield	Nova Cent'n	1
4:15.40	639	H	25/05/13	City of Sheffield No Frill Meet	Sheffield	Nova Cent'n	1
4:17.62	623	H	04/05/14	Midland Swimming - 2014 Youth Championships	Corby	Nova Cent'n	1
4:18.66	615	F	04/05/13	Midland Youth Championships	Corby	Nova Cent'n	1
4:18.87	614	H	10/02/13	Derventio February Festival	Sheffield	Nova Cent'n	1
4:20.13	605	H	07/02/15	Derventio Excel February Festival	Sheffield	Nova Cent'n	1
4:22.84	586	H	05/05/12	ASA Midlands Youth Championships	Coventry	Nova Cent'n	1
4:23.91	579	H	28/05/11	City of Sheffield No Frills Meet	Sheffield	Nova Cent'n	1
4:28.77	548	H	04/06/11	BG Midlands Age Group Championships	Coventry	Nova Cent'n	1
4:29.66	543	H	16/05/10	Rotherham Metro LC Meet	Sheffield	Nova Cent'n	1
4:30.38	539	H	30/07/10	British Gas Nat Age Grps	Sheffield	Nova Cent'n	1
4:30.78	536	H	29/01/11	East, East Midland & West Midland Zonal	Corby	Nova Cent'n	1
4:32.50	526	H	16/01/11	Chester Le Street Burns Open Meet	Sheffield	Nova Cent'n	1
4:33.86	518	H	28/03/10	City of Sheffield Premier	Sheffield	Nova Cent'n	1
4:35.29	510	H	09/05/10	Radford Annual Open Meet	Sheffield	Nova Cent'n	1
4:35.63	508	F	15/03/15	Edinburgh International 2015	Edinburgh	Nova Cent'n	1
4:36.59	503	H	05/06/10	BG Midland Age Groups	Coventry	Nova Cent'n	1
4:40.47	483	H	04/04/10	Derventio Excel Open 2010	Sheffield	Nova Cent'n	1
4:45.33	458	H	08/01/11	City of Derby 10th Long Course Open Meet	Sheffield	Nova Cent'n	1
4:48.18	445	H	06/06/09	The Midlands Age Groups	Coventry	Nova Cent'n	1
4:51.69	429	H	17/10/09	Lincoln Vulcans Open Meet	Sheffield	Nova Cent'n	1
5:01.14	390	H	10/01/09	City of Derby Open Meet	Sheffield	Nova Cent'n	1
5:14.49	342	H	15/06/08	Midland Age Group Champs	Coventry	Nova Cent'n	1
5:16.91	334	H	31/05/08	Derventio Excel Open Meet	Sheffield	Nova Cent'n	1
5:04.04	320	H	15/04/07	Radford Silver Jubilee	Sheffield	Nova Cent'n	1

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4:20.13	605	H	07/02/15	Derventio Excel February Festival	Sheffield		1
4:17.62	623	H	04/05/14	Midland Swimming - 2014 Youth Championships	Corby	Nova Cent'n	1
4:14.65	645	H	30/07/13	BG ASA National Youth Championships	Sheffield	Nova Cent'n	1
4:15.40	639	H	25/05/13	City of Sheffield No Frill Meet	Sheffield	Nova Cent'n	1
4:18.66	615	F	04/05/13	Midland Youth Championships	Corby	Nova Cent'n	1
4:12.74	660	H	04/05/13	Midland Youth Championships	Corby	Nova Cent'n	1
4:14.84	643	H	29/03/13	City of Sheffield Premier Meet 2013	Sheffield	Nova Cent'n	1
4:18.87	614	H	10/02/13	Derventio February Festival	Sheffield	Nova Cent'n	1
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5:16.91	334	H	31/05/08	Derventio Excel Open Meet	Sheffield	Nova Cent'n	1
6:04.24	220	H	15/04/07	Radford Silver Jubilee	Sheffield	Nova Cent'n	1