Individual Best Times (All Time)

Ben Leighton - (448100) - Carlisle Aquatics - 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
4:29.71	543	F	09/06/13	BG NWR 2013 Age Group Championships	Manchester	Carlisle Aq	1
4:30.47	538	Н	09/06/13	BG NWR 2013 Age Group Championships	Manchester	Carlisle Aq	1
4:36.77	502	Н	19/05/12	City of Sunderland ASC May Open Meet	Sunderland	Carlisle Aq	1
4:40.43	483	F	10/06/12	North West Region Age Group Championships	Manchester	Carlisle Aq	1
4:40.60	482	Н	10/06/12	North West Region Age Group Championships	Manchester	Carlisle Aq	1
4:58.34	401	Н	12/06/11	BG North West Region Age Group Championshi	Manchester	Carlisle Aq	1
5:10.99	354	Н	13/06/10	North West Age Groups	Manchester	Carlisle Aq	1
5:12.87	348	F	13/06/10	North West Age Groups	Manchester	Carlisle Aq	1

Swims in Date Order

			Meet	Venue	Club Swam Under	Level
543	F	09/06/13	BG NWR 2013 Age Group Championships	Manchester	Carlisle Aq	1
538	Н	09/06/13	BG NWR 2013 Age Group Championships	Manchester	Carlisle Aq	1
483	F	10/06/12	North West Region Age Group Championships	Manchester	Carlisle Aq	1
482	Н	10/06/12	North West Region Age Group Championships	Manchester	Carlisle Aq	1
502	Н	19/05/12	City of Sunderland ASC May Open Meet	Sunderland	Carlisle Aq	1
401	Н	12/06/11	BG North West Region Age Group Championshi	Manchester	Carlisle Aq	1
348	F	13/06/10	North West Age Groups	Manchester	Carlisle Aq	1
354	Н	13/06/10	North West Age Groups	Manchester	Carlisle Aq	1
	538 483 482 502 401 348	538 H 483 F 482 H 502 H 401 H 348 F	538 H 09/06/13 483 F 10/06/12 482 H 10/06/12 502 H 19/05/12 401 H 12/06/11 348 F 13/06/10	538H09/06/13BG NWR 2013 Age Group Championships483F10/06/12North West Region Age Group Championships482H10/06/12North West Region Age Group Championships502H19/05/12City of Sunderland ASC May Open Meet401H12/06/11BG North West Region Age Group Championshi348F13/06/10North West Age Groups	538H09/06/13BG NWR 2013 Age Group ChampionshipsManchester483F10/06/12North West Region Age Group ChampionshipsManchester482H10/06/12North West Region Age Group ChampionshipsManchester502H19/05/12City of Sunderland ASC May Open MeetSunderland401H12/06/11BG North West Region Age Group ChampionshipManchester348F13/06/10North West Age GroupsManchester	538H09/06/13BG NWR 2013 Age Group ChampionshipsManchesterCarlisle Aq483F10/06/12North West Region Age Group ChampionshipsManchesterCarlisle Aq482H10/06/12North West Region Age Group ChampionshipsManchesterCarlisle Aq502H19/05/12City of Sunderland ASC May Open MeetSunderlandCarlisle Aq401H12/06/11BG North West Region Age Group ChampionshipManchesterCarlisle Aq348F13/06/10North West Age GroupsManchesterCarlisle Aq