Individual Best Times (All Time)

Adel Elfakir - (448806) - Northampton Water Polo Club - 400 Individual Medley - 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
4:51.00	578	F	05/04/15	Portsmouth Northsea Easter Festival L1 Meet	Portsmouth	Northampton	1
4:51.08	578	H	12/02/17	NASA 2017 County Championships	Corby	Northampton	1
4:51.68	574	H	16/05/15	Northampton Spring Festival	Corby	Northampton	1
4:52.50	569	H	07/02/16	Northamptonshire County Championships	Corby	Northampton	1
4:53.71	562		15/03/14	2014 NASA County Championships	Corby	Northampton	1
4:55.89	550	H	17/05/14	Northampton SC Spring Festival Open Meet	Corby	Northampton	1

Swims in Date Order

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