

Individual Best Times (All Time)

Adel Elfakir - (448806) - Northampton Water Polo Club - 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 |
|---------|--------|-------|----------|--|------------|-----------------|-------|
| 4:11.80 | 667 | H | 25/02/17 | NASA 2017 County Championships | Corby | Northampton | 1 |
| 4:14.87 | 643 | H | 23/01/16 | Northamptonshire County Championships | Corby | Northampton | 1 |
| 4:19.46 | 610 | H | 22/02/15 | Northamptonshire ASA 2015 County Championships | Corby | Northampton | 1 |
| 4:22.42 | 589 | F | 18/04/14 | Portsmouth Northsea Easter Swim Festival | Portsmouth | Northampton | 1 |
| 4:23.55 | 582 | H | 04/05/14 | Midland Swimming - 2014 Youth Championships | Corby | Northampton | 1 |
| 4:25.84 | 567 | | 16/02/14 | 2014 NASA County Championships | Corby | Northampton | 1 |
| 4:28.00 | 553 | H | 20/12/14 | Northampton Winter Festival Meet | Corby | Northampton | 1 |
| 4:57.02 | 406 | | 17/02/13 | Northants ASA 2013 County Championships | Corby | Northampton | 1 |
| 5:07.32 | 367 | H | 11/07/10 | Northampton Summer Meet | Corby | Northampton | 4 |
| 5:21.29 | 321 | | 13/03/10 | Northants County Champs | Corby | Northampton | 1 |

Swims in Date Order

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