

Individual Best Times (All Time)

Nathan Wells - (451158) - West Norfolk Swimming 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
3:57.68	793	F	18/04/17	British Swimming Championships 2017	Sheffield	Lboro Uni	1
3:57.83	792	H	13/12/17	Swim England Winter Championships 2017	Sheffield	Lboro Uni	1
3:57.95	791	H	25/07/17	British Summer Championships	Sheffield	Lboro Uni	1
3:58.17	788	H	18/04/17	British Swimming Championships 2017	Sheffield	Lboro Uni	1
3:58.18	788	F	13/12/17	Swim England Winter Championships 2017	Sheffield	Lboro Uni	1
3:59.02	780	F	25/07/17	British Summer Championships	Sheffield	Lboro Uni	1
4:00.30	768	F	26/07/16	British Summer Championships	Sheffield	West Norfolk	1
4:00.57	765	F	24/07/18	British Summer Championships	Sheffield	Lboro Uni	1
4:00.86	762	H	02/08/15	British Summer Championships	Sheffield	West Norfolk	1
4:00.95	761	H	05/04/18	Malmsten Swim Open Stockholm 2018	Stockholm	Lboro Uni	1
4:01.04	761	H	26/07/16	British Summer Championships	Sheffield	West Norfolk	1
4:01.24	759	F	02/08/15	British Summer Championships	Sheffield	West Norfolk	1
4:01.35	758	H	15/03/20	Putteridge Spring Long Course National Qualifier	Inspire Luton	Lboro Uni	1
4:01.58	755	H	16/04/19	British Championships 2019	Glasgow	Lboro Uni	1
4:02.10	751	F	11/03/18	WDSC Long Course Premier Open Meet	Wycombe	Lboro Uni	1
4:02.25	749	F	15/04/18	Swim England East Midland Championships 2018	Sheffield	Lboro Uni	1
4:02.42	748	F	23/07/19	British Summer Championships	Glasgow	Lboro Uni	1
4:02.54	747	F	12/04/16	British Championships 2016	Glasgow	West Norfolk	1
4:02.66	745	F	05/04/18	Malmsten Swim Open Stockholm 2018	Stockholm	Lboro Uni	1
4:02.91	743	H	12/04/16	British Championships 2016	Glasgow	West Norfolk	1
4:02.95	743	H	24/07/18	British Summer Championships	Sheffield	Lboro Uni	1
4:03.04	742	F	22/10/17	Manchester International Swim Meet (ISM) 2017	Manchester	Lboro Uni	1
4:03.18	741	H	23/07/19	British Summer Championships	Glasgow	Lboro Uni	1
4:03.23	740	H	01/07/17	French Open Meet	Chatres, France	Loughborough	1
4:03.69	736	H	27/05/18	DX 2nd Long Course Open Meet	Sheffield	Lboro Uni	1
4:03.80	735	H	30/04/17	ASA East Long Course Championships	Luton	West Norfolk	1
4:03.81	734	H	26/02/17	City of Sheffield Premier Meet	Sheffield	West Norfolk	1

4:03.91	704	M	20/03/17	City of Sheffield Premier Meet	Sheffield	West Norfolk	1
4:04.00	733	F	03/02/17	Dave McCullagh Memorial Meet	Bangor		1
4:04.23	731	H	03/02/17	Dave McCullagh Memorial Meet	Bangor		1
4:04.64	727	H	14/01/17	16th City of Derby Long Course Open Meet	Sheffield	Lboro Uni	1
4:04.76	726	F	12/03/17	Edinburgh International Meet 2017	Edinburgh	Lboro Uni	1
4:05.06	724	H	04/11/17	East Region Winter Championships	Norwich	West Norfolk	1
4:05.66	718	H	14/04/15	British Championships 2015	London	West Norfolk	1
4:05.91	716	H	13/05/17	Nova Centurion May Level 1 LC Open Meet	Nottingham	West Norfolk	1
4:06.09	715	H	15/04/18	Swim England East Midland Championships 2018	Sheffield	Lboro Uni	1
4:06.31	713	H	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	West Norfolk	1
4:06.43	712	H	12/04/15	Derventio Excel 9th Open Meet	Sheffield	West Norfolk	1
4:06.59	710	F	23/06/19	2019 Long Course Summer Open	London	Lboro Uni	1
4:06.62	710	H	01/05/16	ASA East Region Long Course Championships	Norwich	West Norfolk	1
4:06.63	710	H	01/05/22	SE East Region Long Course Championships 2022	Norwich	West Norfolk	1
4:06.87	708	H	22/10/17	Manchester International Swim Meet (ISM) 2017	Manchester	Lboro Uni	1
4:06.92	707	F	10/08/14	BG ASA Youth & MC Championships 2014	Sheffield	West Norfolk	1
4:07.54	702	H	05/04/22	British Championships 2022	Sheffield	West Norfolk	1
4:07.57	702	F	25/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	West Norfolk	1
4:07.61	702	H	17/05/15	Northampton Spring Festival	Corby	West Norfolk	1
4:07.72	701	F	24/03/19	Wycombe Swimming's 4th LC Premier Meet	Wycombe	West Norfolk	1
4:07.81	700	H	10/08/14	BG ASA Youth & MC Championships 2014	Sheffield	West Norfolk	1
4:08.34	695	H	23/07/22	British Summer Championships	Sheffield	West Norfolk	1
4:08.63	693	H	13/01/18	Norfolk County Championships 2018	Norwich	West Norfolk	1
4:09.40	687	H	03/05/15	ASA East Region Summer Championships Weekend 1	Luton	West Norfolk	1
4:10.75	676	H	15/05/16	Northampton 2016 Long Course Spring Festival	Corby	West Norfolk	1
4:11.27	671	F	03/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich		1
4:11.44	670	H	13/03/22	Putteridge SC Spring LC National Qualifier 2022	Luton	West Norfolk	1
4:11.60	669	H	20/12/14	Northampton Winter Festival Meet	Corby	West Norfolk	1
4:11.76	667	H	27/02/22	Norfolk County Championships	UEA Sportspark	West Norfolk	1
4:12.37	663	H	24/05/14	Team Luton Last Chance National Qualifier 2014	Luton	West Norfolk	1
4:13.38	655	H	18/10/14	Lincoln Vulcans Long Course L1 Meet	Sheffield	West Norfolk	1
4:15.21	641	H	03/05/14	ASA East Region Youth Championships	Luton	West Norfolk	1
4:15.43	639	H	31/07/21	British Swimming Festival of Swimming East Region	UEA Norwich	West Norfolk	1
4:16.48	631	F	08/02/15	UEA City of Norwich SC February Groundhog Meet	Norwich		1
4:16.88	628	H	04/02/23	Norfolk County Championships 2023	Norwich	West Norfolk	1
4:19.49	609	H	19/10/13	Lincoln Vulcans Long Course Meet	Sheffield	West Norfolk	1
4:21.65	595	F	09/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	West Norfolk	1
4:21.98	592	F	20/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	West Norfolk	1
4:22.48	589	H	26/01/14	Central Zonal Meet 2014	Corby	West Norfolk	1
4:22.57	588	H	04/05/13	ASA East Region Youth Championships	Luton	West Norfolk	1
4:23.19	584	H	29/03/13	City of Sheffield Premier Meet 2013	Sheffield	West Norfolk	1
4:23.74	580	H	16/11/13	Team Luton Autumn LC Open Meet	Luton	West Norfolk	1
4:24.15	578	H	21/12/13	Northampton Winter Festival Open Meet	Corby	West Norfolk	1
4:25.21	571	H	08/12/13	ASA East Regionals Winter Championships	Norwich	West Norfolk	1
4:26.18	565	H	27/01/13	ASA Central Region Zonal Competition	Corby	West Norfolk	1
4:27.77	555	H	20/10/12	Lincoln Vulcans SC LC Open Meet	Sheffield	West Norfolk	1
4:27.98	553	H	10/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	West Norfolk	1
4:30.82	536	H	26/05/12	City of Sheffield No Frills Gala	Sheffield	West Norfolk	1
4:32.65	525	F	07/04/12	UEA City of Norwich Easter Meet	Norwich	West Norfolk	1
4:46.96	451	H	12/06/11	BG East Region Bagcat Championships	Norwich	West Norfolk	1
4:47.01	450	H	15/10/11	Lincoln Vulcans Open Meet	Sheffield	West Norfolk	1
4:51.75	429	H	15/05/11	Rotherham Metro Level One Meet	Sheffield	West Norfolk	1
4:56.09	410	H	09/04/11	City of Norwich Easter Meet	Norwich	West Norfolk	1
5:10.65	355	H	03/04/10	City of Norwich Easter Meet	Norwich	West Norfolk	1

5:16.96 334 H 16/10/10 Lincoln Vulcans Open Meet Sheffield West Norfolk 1

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4:07.54	702	H	05/04/22	British Championships 2022	Sheffield	West Norfolk	1
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4:15.43	639	H	31/07/21	British Swimming Festival of Swimming East Region	UEA Norwich	West Norfolk	1
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4:56.09	410	H	09/04/11	City of Norwich Easter Meet	Norwich	West Norfolk	1
5:16.96	334	H	16/10/10	Lincoln Vulcans Open Meet	Sheffield	West Norfolk	1
5:10.65	355	H	03/04/10	City of Norwich Easter Meet	Norwich	West Norfolk	1