

Individual Best Times (All Time)

Joseph Stanger - (45308) - City of Birmingham 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
4:08.66	693	H	25/05/13	City of Sheffield No Frill Meet	Sheffield	Boldmere	1
4:10.43	678	H	15/03/14	Warwickshire County Championships	Coventry	Boldmere	1
4:10.83	675	H	11/01/14	City of Derby Long Course L1 Meet	Sheffield	Boldmere	1
4:11.00	674	H	26/01/14	Central Zonal Meet 2014	Corby	Boldmere	1
4:11.13	672	H	04/05/13	Midland Youth Championships	Corby	Boldmere	1
4:11.17	672	F	26/01/14	Central Zonal Meet 2014	Corby	Boldmere	1
4:11.41	670	H	16/03/13	Warwickshire County Championships	Coventry	Boldmere	1
4:12.25	664	F	04/05/13	Midland Youth Championships	Corby	Boldmere	1
4:13.20	656	H	22/12/13	Derventio eXcel Christmas Cracker Meet	Sheffield	Boldmere	1
4:13.90	651	H	31/05/14	City of Sheffield No Frills Meet	Sheffield	Boldmere	1
4:14.96	643	H	21/03/15	Warwickshire County Championships and Age Group	Coventry		1
4:15.50	639	H	27/01/13	ASA Central Region Zonal Competition	Corby	Boldmere	1
4:15.52	638	H	04/05/14	Midland Swimming - 2014 Youth Championships	Corby	Boldmere	1
4:16.53	631	H	23/05/15	City of Sheffield Swim Squad No Frills Meet	Sheffield		1
4:16.57	631	H	12/04/15	Derventio Excel 9th Open Meet	Sheffield		1
4:17.73	622	H	29/01/12	ASA Central Zone Meet	Corby	Boldmere	1
4:19.71	608	F	27/01/13	ASA Central Region Zonal Competition	Corby	Boldmere	1
4:20.53	602	H	03/05/15	Midland Swimming Spring Championships 2015	Corby		1
4:20.92	600	F	29/01/12	ASA Central Zone Meet	Corby	Boldmere	1
4:21.74	594	H	17/03/12	Warwickshire County Championships	Coventry	Boldmere	1
4:23.43	583	H	20/03/10	Warwickshire County Champs	Coventry	Boldmere	1
4:26.31	564	H	10/04/16	Derventio Excel 10th Open Meet 2016	Sheffield	Boldmere	1
4:27.99	553	H	28/11/09	City of Coventry Open	Coventry	Boldmere	1
4:42.38	473	H	10/01/09	City of Derby Open Meet	Sheffield	Boldmere	1
5:05.95	372	H	09/06/07	East & West Midland Bagcat	Coventry	Boldmere	1
5:10.64	355	H	17/03/07	Warwickshire County Champ	Coventry	Boldmere	2
5:11.71	351	H	07/05/06	City of Coventry May Open	Coventry	Boldmere	1

5:11.71	351	H	07/05/06	City of Coventry May Open	Coventry	Boldmere	1
5:15.43	339	H	03/06/06	Midlands Age Groups	Coventry	Boldmere	1
5:16.37	336	H	18/03/06	Warwickshire Champs	Coventry	Boldmere	2
5:23.02	316	H	11/06/05	Midland District Bagcat Champs	Coventry	Boldmere	1
5:57.51	233	H	19/06/04	Midland District Age Grp Champ	Coventry	Boldmere	1

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