

Individual Best Times (All Time)

Matthew Addis - (477658) - West Norfolk Swimming 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
5:20.35	433	H	14/05/16	Northampton 2016 Long Course Spring Festival	Corby	West Norfolk	1
5:20.80	431	H	04/05/14	ASA East Region Youth Championships	Luton	West Norfolk	1
5:24.15	418	F	19/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	West Norfolk	1
5:24.95	415	F	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	West Norfolk	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:20.35	433	H	14/05/16	Northampton 2016 Long Course Spring Festival	Corby	West Norfolk	1
5:20.80	431	H	04/05/14	ASA East Region Youth Championships	Luton	West Norfolk	1
5:24.15	418	F	19/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	West Norfolk	1
5:24.95	415	F	08/02/14	UEA City of Norwich Groundhog LC Meet 2014	Norwich	West Norfolk	1