Individual Best Times (All Time)

Jonathan Arnold - (505710) - Nene Valley 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
4:46.20	454	H	08/02/15	Northamptonshire ASA 2015 County Championships	Corby	Nene Valley	1
4:46.72	452	H	07/06/14	Midland Age Group Championships 2014	Coventry	Nene Valley	1
4:46.72	452	H	07/06/14	Midland Age Group Championships 2014	Coventry	Nene Valley	1
4:48.36	444	H	20/12/14	Northampton Winter Festival Meet	Corby	Nene Valley	1
4:49.87	437	H	21/12/13	Northampton Winter Festival Open Meet	Corby	Nene Valley	1
4:52.15	427		16/02/14	2014 NASA County Championships	Corby	Nene Valley	1
4:52.79	424	H	25/02/17	NASA 2017 County Championships	Corby	Nene Valley	1
4:52.84	424	H	23/01/16	Northamptonshire County Championships	Corby	Nene Valley	1
4:58.68	400	H	01/06/13	Midland Age Group Championships 2013	Coventry	Nene Valley	1
5:08.26	363		17/02/13	Northants ASA 2013 County Championships	Corby	Nene Valley	1
5:46.34	256		12/02/12	Northamptonshire County Championships	Corby	Nene Valley	1
5:51.75	244	H	10/07/11	Northampton SC Summer Festival Open Meet	Corby	Nene Valley	4
5:52.06	244	H	22/05/11	Northampton May Open Meet	Corby	Nene Valley	1
5:59.07	230		20/03/11	Northamptonshire County Championships	Corby	Nene Valley	1
6:08.57	212	H	11/07/10	Northampton Summer Meet	Corby	Nene Valley	4

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