

Individual Best Times (All Time)

Jack Shillinglaw - (505896) - Loughborough University Swimming - 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
4:05.46	720	H	24/07/18	British Summer Championships	Sheffield	Ellesmere Co	1
4:06.55	711	H	25/03/18	City of Sunderland National Qualifier	Sunderland	Ellesmere Co	1
4:07.94	699	H	29/06/18	Scottish National Open Championships	Tollcross	Ellesmere Co	1
4:08.61	693	F	05/08/17	Swim England National Summer Meet (50m)	Sheffield	Ellesmere Co	1
4:10.37	679	F	28/05/17	Cardiff International Open Meet 2017	Cardiff	Ellesmere Co	1
4:10.39	678	H	20/01/18	Flanders Swimming Cup	Antwerp, Belgium		1
4:10.44	678	H	05/08/17	Swim England National Summer Meet (50m)	Sheffield	Ellesmere Co	1
4:10.45	678	F	29/06/18	Scottish National Open Championships	Tollcross	Ellesmere Co	1
4:13.27	656	F	13/05/17	Swansea Aquatics Long Course Meet 2017	Swansea	Ellesmere Co	1
4:14.13	649	F	20/01/18	Flanders Swimming Cup	Antwerp, Belgium		1
4:16.78	629	H	01/04/17	City of Sunderland National Qualifier 2017	Sunderland	Ellesmere Co	1
4:25.64	568	H	24/05/15	ASA 2015 North West Regional Championships	Liverpool	Wirral Metro	1
4:32.10	529	H	26/01/14	Northern Area Zonal Meet 2014	Sheffield	Garston	1
4:34.64	514	H	09/02/14	Derventio Excel February Festival	Sheffield	Garston	1
4:42.95	470	H	09/06/13	BG NWR 2013 Age Group Championships	Manchester	Garston	1
4:43.98	465	F	12/05/13	City of Manchester AST The Manchester Open	Manchester	Garston	1
4:52.66	425	H	20/01/13	City of Liverpool SC L1 Winter Open Meet	Liverpool	Garston	1
4:57.88	403	F	12/05/12	City of Manchester Aquatics Swim Team Open	Manchester	Garston	1
4:59.68	396	H	10/06/12	North West Region Age Group Championships	Manchester	Garston	1
5:01.39	389	F	15/12/12	City of Manchester Snow Pen 2012	Manchester	Garston	1
5:08.46	363	F	22/01/12	City of Liverpool Winter Open Distance Mee	Liverpool	Garston	1

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