

# Individual Best Times (All Time)

Conor Harrold - (50650) - Basildon and Phoenix SC - 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
4:44.98	616	H	07/08/10	British Gas Youth Champs	Sheffield	Basildon Ph	1
4:48.80	592	H	01/05/11	BG East Region Championships	Norwich	Basildon Ph	1
4:50.71	580	H	30/05/10	Sheffield No Frills Meet	Sheffield	Basildon Ph	1
4:50.86	579	H	15/01/11	Chester Le Street Burns Open Meet	Sheffield	Basildon Ph	1
4:51.66	574	H	05/12/10	Northampton Winter Fest	Corby	Basildon Ph	1
4:52.51	569	H	28/05/11	City of Sheffield No Frills Meet	Sheffield	Basildon Ph	1
4:53.78	562	H	01/05/10	East Region Youth Champs	Norwich	Basildon Ph	1
4:55.87	550	H	04/04/10	City of Norwich Easter Meet	Norwich	Basildon Ph	1
5:03.96	507	H	31/05/09	Sheffield No Frills Meet	Sheffield	Basildon Ph	1
5:04.01	507		19/04/09	Crawley Spring Meet 2009	Crawley	Basildon Ph	1
5:04.94	502	H	03/05/09	East Region Youth Champs	Norwich	Basildon Ph	1
5:19.32	437	H	14/04/07	Crawley Spring LC Meet	Crawley	Basildon Ph	1
5:20.85	431	H	12/05/07	Rotherham Metro Open Meet	Sheffield	Basildon Ph	1
5:23.48	421		06/10/07	Crawley Early Bird Meet	Crawley	Basildon Ph	1
5:24.61	416	H	01/04/07	Bexley Long Course Meet	Crystal Palace	Basildon Ph	2
5:29.83	397	H	07/10/06	Crawley Early Bird	Crawley	Basildon Ph	1
5:32.42	388	H	11/06/06	East Region BAGCATS	Norwich	Basildon Ph	1
5:34.01	382	H	10/06/07	ASA East Region Bagcats	Norwich	Basildon Ph	1
5:36.90	372	H	02/04/06	Bexley Long Course Open Mt	Crystal Palace	Basildon Ph	2
5:49.21	334	H	12/06/05	Southern Counties Bagcats	Crystal Palace	Basildon Ph	1
5:50.89	330	H	27/03/05	East Anglian Long Course Meet	Norwich	Basildon Ph	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:52.51	569	H	28/05/11	City of Sheffield No Frills Meet	Sheffield	Basildon Ph	1
4:48.80	592	H	01/05/11	BG East Region Championships	Norwich	Basildon Ph	1

4:50.86	579	H	15/01/11	Chester Le Street Burns Open Meet	Sheffield	Basildon Ph	1
4:51.66	574	H	05/12/10	Northampton Winter Fest	Corby	Basildon Ph	1
4:44.98	616	H	07/08/10	British Gas Youth Champs	Sheffield	Basildon Ph	1
4:50.71	580	H	30/05/10	Sheffield No Frills Meet	Sheffield	Basildon Ph	1
4:53.78	562	H	01/05/10	East Region Youth Champs	Norwich	Basildon Ph	1
4:55.87	550	H	04/04/10	City of Norwich Easter Meet	Norwich	Basildon Ph	1
5:03.96	507	H	31/05/09	Sheffield No Frills Meet	Sheffield	Basildon Ph	1
5:04.94	502	H	03/05/09	East Region Youth Champs	Norwich	Basildon Ph	1
5:04.01	507		19/04/09	Crawley Spring Meet 2009	Crawley	Basildon Ph	1
5:23.48	421		06/10/07	Crawley Early Bird Meet	Crawley	Basildon Ph	1
5:34.01	382	H	10/06/07	ASA East Region Bagcats	Norwich	Basildon Ph	1
5:20.85	431	H	12/05/07	Rotherham Metro Open Meet	Sheffield	Basildon Ph	1
5:19.32	437	H	14/04/07	Crawley Spring LC Meet	Crawley	Basildon Ph	1
5:24.61	416	H	01/04/07	Bexley Long Course Meet	Crystal Palace	Basildon Ph	2
5:29.83	397	H	07/10/06	Crawley Early Bird	Crawley	Basildon Ph	1
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