

Individual Best Times (All Time)

Jorge Phenix-Coyne - (59632) - Arnold 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
4:48.78	592	H	03/04/11	Derventio Excel Open Meet	Sheffield	Arnold	1
4:49.27	589	H	31/03/12	City of Sheffield Premier Meet	Sheffield	Arnold	1
4:50.25	583	H	27/05/12	City of Sheffield No Frills Gala	Sheffield	Arnold	1
4:51.09	578	F	01/05/11	BG Midlands Youth Championships	Coventry	Arnold	1
4:52.43	570	F	06/05/12	ASA Midlands Youth Championships	Coventry	Arnold	1
4:52.84	567	H	31/07/11	British Gas ASA National Youth Champs	Sheffield	Arnold	1
4:54.30	559	H	15/01/11	Chester Le Street Burns Open Meet	Sheffield	Arnold	1
4:55.58	552	H	01/05/11	BG Midlands Youth Championships	Coventry	Arnold	1
4:55.61	552	H	14/05/11	Rotherham Metro Level One Meet	Sheffield	Arnold	1
4:59.81	529	H	15/05/10	Rotherham Metro LC Meet	Sheffield	Arnold	1
5:00.15	527	H	30/05/10	Sheffield No Frills Meet	Sheffield	Arnold	1
5:02.99	512	H	13/06/09	Midlands Region Champs	Coventry	Arnold	1
5:03.62	509	H	05/04/10	Derventio Excel Open 2010	Sheffield	Arnold	1
5:04.63	504	H	02/05/09	Radford 27th Annual Open	Sheffield	Arnold	2
5:05.05	502	H	23/05/09	Rotherham Metro LC Meet	Sheffield	Arnold	1
5:05.13	501	H	31/05/09	Sheffield No Frills Meet	Sheffield	Arnold	1
5:05.15	501	H	06/05/12	ASA Midlands Youth Championships	Coventry	Arnold	1
5:07.71	489	H	02/05/10	Midland Youth Champs	Coventry	Arnold	1
5:07.86	488	H	06/12/09	Co Sheffield Snow Frills	Sheffield	Arnold	1
5:11.39	472	H	28/03/09	Sheffield Premier Meet	Sheffield	Arnold	1
5:13.73	461	H	12/04/09	Derventio Excel 3rd Open	Sheffield	Arnold	1
5:20.30	433	H	23/03/08	City of Sheffield Premier	Sheffield	Arnold	1
5:21.47	429	H	24/01/09	Burns Meet 2009	Sheffield	Arnold	1
5:22.14	426	H	17/05/08	Rotherham Metro Open Meet	Sheffield	Arnold	1
5:24.38	417	H	14/06/08	Midland Age Group Champs	Coventry	Arnold	1
5:29.31	399	H	24/07/07	National Age Groups 2007	Sheffield	Arnold	1
5:30.87	388	H	16/06/07	East & West Midlands Age	Coventry	Arnold	1

5:30.07	393	H	10/06/07	East & West Midlands Age	Coventry	Arnold	1
5:31.74	390	H	14/04/07	Radford Silver Jubilee	Sheffield	Arnold	1
5:34.84	379	H	01/06/08	Derventio Excel Open Meet	Sheffield	Arnold	1
5:54.39	320	H	03/06/06	Midlands Age Groups	Coventry	Arnold	1
5:57.43	312	H	30/07/06	National AG Champs 2006	Sheffield	Arnold	1
6:06.23	290	H	07/05/06	Radford 24th Open Meet	Sheffield	Arnold	1

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