

# Individual Best Times (All Time)

Jorge Phenix-Coyne - (59632) - Arnold 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
4:07.15	705	F	29/01/12	ASA Central Zone Meet	Corby	Arnold	1
4:08.07	698	H	29/01/12	ASA Central Zone Meet	Corby	Arnold	1
4:09.11	689	H	18/07/12	BG ASA National Youth Championships 2012	Sheffield	Arnold	1
4:10.36	679	H	05/02/12	Derventio excel February Festival Open Mee	Sheffield	Arnold	1
4:10.40	678	H	05/05/12	ASA Midlands Youth Championships	Coventry	Arnold	1
4:11.19	672	H	14/01/12	City of Derby 11th Long Course Open Meet	Sheffield	Arnold	1
4:12.34	663	H	05/11/11	City of Coventry November Open Meet	Coventry	Arnold	1
4:13.69	652	F	30/04/11	BG Midlands Youth Championships	Coventry	Arnold	1
4:14.45	646	F	29/01/11	East, East Midland & West Midland Zonal	Corby	Arnold	1
4:14.55	646	H	15/04/12	Radford SC 30th Open Meet	Sheffield	Arnold	1
4:14.64	645	H	03/08/10	British Gas Youth Champs	Sheffield	Arnold	1
4:14.81	644	H	29/01/11	East, East Midland & West Midland Zonal	Corby	Arnold	1
4:14.88	643	H	27/07/11	British Gas ASA National Youth Champs	Sheffield	Arnold	1
4:16.72	629	H	16/01/11	Chester Le Street Burns Open Meet	Sheffield	Arnold	1
4:17.30	625	H	29/05/10	Sheffield No Frills Meet	Sheffield	Arnold	1
4:18.19	619	H	28/03/10	City of Sheffield Premier	Sheffield	Arnold	1
4:18.85	614	H	04/04/10	Derventio Excel Open 2010	Sheffield	Arnold	1
4:19.18	612	H	01/04/12	City of Sheffield Premier Meet	Sheffield	Arnold	1
4:20.33	604	H	30/04/11	BG Midlands Youth Championships	Coventry	Arnold	1
4:22.99	585	H	26/05/12	City of Sheffield No Frills Gala	Sheffield	Arnold	1
4:23.76	580	H	01/05/10	Midland Youth Champs	Coventry	Arnold	1
4:24.74	574	H	16/05/10	Rotherham Metro LC Meet	Sheffield	Arnold	1
4:24.78	574	H	24/05/09	Rotherham Metro LC Meet	Sheffield	Arnold	1
4:25.53	569	H	06/06/09	The Midlands Age Groups	Coventry	Arnold	1
4:26.03	566	H	03/05/09	Radford 27th Annual Open	Sheffield	Arnold	2
4:27.33	557	H	29/03/09	Sheffield Premier Meet	Sheffield	Arnold	1
4:28.03	552	H	29/05/09	Sheffield No Frills Meet	Sheffield	Arnold	1

4:20.23	552	H	30/03/09	Sheffield No Frills Meet	Sheffield	Arnold	1
4:28.24	552	H	11/04/09	Derventio Excel 3rd Open	Sheffield	Arnold	1
4:29.07	547	H	22/07/09	British Gas Nat Age Grps	Sheffield	Arnold	1
4:29.70	543	H	10/05/09	Sports Aid Open Meet	Leeds	Arnold	1
4:32.62	526	H	24/01/09	Burns Meet 2009	Sheffield	Arnold	1
4:35.02	512	H	13/12/08	City of Sheffield Distance	Sheffield	Arnold	1
4:38.88	491	H	07/06/08	Midlands Age Group Champs	Coventry	Arnold	1
4:47.13	450	H	12/01/08	City of Derby 7th LC Meet	Sheffield	Arnold	1
4:49.87	437	H	09/06/07	East & West Midland Bagcat	Coventry	Arnold	1
4:52.30	426	H	15/04/07	Radford Silver Jubilee	Sheffield	Arnold	1
4:52.66	425	H	13/05/07	Rotherham Metro Open Meet	Sheffield	Arnold	1
4:54.17	418	H	08/04/07	Derventio Excel Open	Sheffield	Arnold	1
4:55.12	414	H	26/05/07	Sheffield No Frills Meet	Sheffield	Arnold	1
4:59.23	397	H	18/02/07	East Midland Time Trial	Loughborough	Arnold	1
5:10.75	355	H	11/06/06	Midlands Age Groups	Coventry	Arnold	1
5:16.52	336	H	07/05/06	Radford 24th Open Meet	Sheffield	Arnold	1

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