

# Individual Best Times (All Time)

Louis Harwood - (715364) - Ellesmere Port 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
4:41.33	478	H	29/01/17	Chester le Street & Derwentside Burns Open Meet	Sheffield	Wirral Metro	1
4:41.80	476	H	27/05/17	ASA North West Region Summer Championships	Manchester	Wirral Metro	1
4:46.43	453	F	25/02/17	Ulster Spring Qualifying Meet	Bangor	Wirral Metro	1

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