

Individual Best Times (All Time)

Mark Greenaway - (729326) - Dereham & District 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
4:43.63	467	H	13/01/18	Norfolk County Championships 2018	Norwich	Dereham	1
4:49.59	438	H	10/02/19	Norfolk County Championships 2019	Norwich	Dereham	1
5:05.51	373	F	20/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	Dereham	1

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