

Individual Best Times (All Time)

Lewis Smith - (746909) - City of Norwich 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
4:52.93	424	H	04/05/13	ASA East Region Youth Championships	Luton	Co Norwich	1
4:55.70	412	H	10/02/13	Derventio February Festival	Sheffield	Co Norwich	1
4:55.72	412	H	19/05/13	Rotherham Metro Level 1 Open Meet	Sheffield	Co Norwich	1
5:01.95	387	F	07/04/12	UEA City of Norwich Easter Meet	Norwich	Co Norwich	1

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