

Individual Best Times (All Time)

Jack Ryan - (752850) - Central Bedfordshire Swim Squad - 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
4:27.78	555	H	01/05/16	ASA East Region Long Course Championships	Norwich	C Beds SS	1
4:33.25	522	H	11/04/15	Team Luton April Long Course Meet	Luton		1
4:33.79	519	H	12/07/15	Northampton Summer Festival Open Meet	Corby		3
4:36.21	505	F	03/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	Bedford SS	1
4:36.85	502	H	22/03/15	Bedfordshire ASA County Championships	Luton		1
4:37.84	496	F	25/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	C Beds SS	1
4:39.22	489	H	14/05/16	Team Luton May Long Course Meet	Luton	C Beds SS	1
4:43.61	467	F	20/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	Team Luton	1
4:46.54	453	H	09/02/14	Derwentio Excel February Festival	Sheffield	Team Luton	1
4:48.64	443	H	14/02/16	Bedfordshire Age Group & County Champs	Luton	Biggleswade	1
4:56.72	407	H	16/11/13	Team Luton Autumn LC Open Meet	Luton	Team Luton	1
5:00.39	393	H	15/06/14	BG ASA East Region BAGCAT Championships 2014	Norwich	Team Luton	1
5:30.88	294	H	17/11/12	Team Luton Inaugural Long Course Meet	Luton	Team Luton	1

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