

Individual Best Times (All Time)

Ben Smith - (770082) - Leyland Barracudas Swimming Club - 400 Individual Medley - 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
4:56.37	547	H	25/05/19	Glasgow International Swim Meet	Tollcross	Wigan BEST	1
4:56.76	545	H	14/03/20	Liverpool Spring Open Meet 2020	Liverpool	Wigan BEST	1
4:57.53	541	H	26/05/18	DX 2nd Long Course Open Meet	Sheffield	Co Manch Aq	1
4:58.00	538	H	19/05/18	2018 SENW Summer Championships	Liverpool	Co Manch Aq	1
4:58.41	536	H	27/04/19	2019 SENW Summer Championships	Manchester	Wigan BEST	1
5:00.17	527	H	06/04/19	Manchester Open 2019	Manchester	Wigan BEST	1
5:00.41	526	H	12/01/20	Lancashire County Age Groups & County Champs	Manchester	Wigan BEST	1
5:00.64	524	H	30/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	Wigan BEST	1
5:02.10	517	H	04/11/17	Swim England Noth West Region Winter Champs	Manchester	Co Manch Aq	1
5:02.40	515	F	13/05/17	Manchester Open Meet 2017	Manchester	Co Manch Aq	1
5:02.72	514	H	24/03/18	City of Sunderland National Qualifier	Sunderland	Co Manch Aq	1
5:02.91	513	H	30/04/17	ASA North West Region Summer Championships	Manchester	Co Manch Aq	1
5:04.01	507	F	02/12/17	Swim Wales Long Course Championships	Swansea	Co Manch Aq	1
5:04.02	507	H	01/04/17	City of Sunderland National Qualifier 2017	Sunderland	Co Manch Aq	1
5:04.93	502	F	04/08/15	ASA Summer Nationals 2015	Sheffield		1
5:06.55	495	F	07/05/16	Manchester Open Meet 2016	Manchester	Co Liverpool	1
5:07.04	492	H	04/08/15	ASA Summer Nationals 2015	Sheffield		1
5:07.37	491	H	21/10/17	Manchester International Swim Meet (ISM) 2017	Manchester	Co Manch Aq	1
5:07.51	490	H	28/01/17	Lancashire County Championships	Manchester	Co Manch Aq	1
5:09.30	481	H	23/05/15	ASA 2015 North West Regional Championships	Liverpool		1
5:09.96	478	H	16/04/16	City of Liverpool Spring Open Meet 2016	Liverpool	Co Liverpool	1
5:10.71	475	H	12/04/15	Stockport Metro April LC Open Meet	Stockport		1
5:12.24	468	F	20/12/14	CO Manchester Aquatics Manchester Snow'pen	Manchester	Co Liverpool	1
5:12.83	465	H	17/01/15	City of Liverpool Level 1 Winter Meet Plus	Liverpool		1
5:13.76	461	H	22/05/16	Nova Centurion May Level 1 Long Course Open Meet	Nottingham	Crosby	1
5:16.73	448	H	28/02/15	Lancashire County Age Groups & Championships	Liverpool		1
5:00.48	288	H	08/02/14	Lancashire Age Groups & Championships	Manchester	Co Liverpool	1

5:29.46	396	H	06/03/14	Lancashire Age Groups & Championships	Manchester	Co Liverpool	1
5:29.70	397	H	07/06/14	BG North West Region 2014 Age Group Champs	Manchester		1
5:34.63	380	F	21/12/13	City of Manchester Aquatics Snow'pen Meet	Manchester	Co Liverpool	1
5:36.75	373	H	18/01/14	City of Liverpool Winter Meet Plus	Liverpool	Co Liverpool	1
5:55.15	318	H	08/06/13	BG NWR 2013 Age Group Championships	Manchester	Co Liverpool	1
5:57.20	312	H	16/03/13	Lancashire County Championships	Liverpool	Co Liverpool	1
5:59.97	305	F	11/05/13	City of Manchester AST The Manchester Open	Manchester	Co Liverpool	1
6:04.78	293	F	16/12/12	City of Manchester Snow Pen 2012	Manchester	Co Liverpool	1
6:10.12	281	H	19/01/13	City of Liverpool SC L1 Winter Open Meet	Liverpool	Co Liverpool	1

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