

Individual Best Times (All Time)

Ben Smith - (770082) - Leyland Barracudas Swimming Club - 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
4:19.53	609	H	13/05/18	Manchester Open Meet 2018	Manchester	Co Manch Aq	1
4:19.83	607	H	26/01/20	Lancashire County Age Groups & County Champs	Manchester	Wigan BEST	1
4:20.25	604	H	27/04/19	2019 SENW Summer Championships	Manchester	Wigan BEST	1
4:20.38	603	H	27/01/19	Lancs County WPSA Age Groups & Championships 2019	Manchester	Wigan BEST	1
4:20.57	602	H	04/11/17	Swim England Noth West Region Winter Champs	Manchester	Co Manch Aq	1
4:21.05	599	H	27/05/18	DX 2nd Long Course Open Meet	Sheffield	Co Manch Aq	1
4:21.91	593	H	26/05/19	Glasgow International Swim Meet	Tollcross	Wigan BEST	1
4:22.74	587	H	15/03/20	Liverpool Spring Open Meet 2020	Liverpool	Wigan BEST	1
4:24.00	579	H	22/10/17	Manchester International Swim Meet (ISM) 2017	Manchester	Co Manch Aq	1
4:24.25	577	F	14/05/17	Manchester Open Meet 2017	Manchester	Co Manch Aq	1
4:24.70	574	H	31/03/19	City of Sheffield Swim Squad Premier Meet	Sheffield	Wigan BEST	1
4:25.21	571	H	06/04/19	Manchester Open 2019	Manchester	Wigan BEST	1
4:26.07	565	H	28/04/18	2018 SENW Summer Championships	Manchester	Co Manch Aq	1
4:26.13	565	H	25/03/18	City of Sunderland National Qualifier	Sunderland	Co Manch Aq	1
4:26.56	562	H	28/01/18	Lancs County WPSA Age Groups & Championships	Manchester	Co Manch Aq	1
4:26.71	561	H	30/04/17	ASA North West Region Summer Championships	Manchester	Co Manch Aq	1
4:26.73	561	H	05/02/17	Lancashire County Championships	Manchester	Co Manch Aq	1
4:28.45	550	H	01/04/17	City of Sunderland National Qualifier 2017	Sunderland	Co Manch Aq	1
4:29.08	547	H	31/07/21	North West Summer Festival of Swimming	Manchester	Wigan BEST	1
4:29.33	545	F	01/12/17	Swim Wales Long Course Championships	Swansea	Co Manch Aq	1
4:30.75	537	H	21/05/16	Nova Centurion May Level 1 Long Course Open Meet	Nottingham	Crosby	1
4:32.09	529	H	01/05/16	ASA North West Region Summer Championships	Manchester	Co Liverpool	1
4:32.99	523	H	16/04/16	City of Liverpool Spring Open Meet 2016	Liverpool	Co Liverpool	1
4:33.42	521	H	24/05/15	ASA 2015 North West Regional Championships	Liverpool		1
4:34.80	513	H	22/03/15	Lancashire County Age Groups & Championships	Manchester		1
4:35.25	511	F	03/05/15	Manchester Open Meet 2015	Manchester	Co Liverpool	1
4:36.01	499	F	21/12/14	Co Manchester Aquatics Manchester Swimmers	Manchester	Co Liverpool	1

4:39.01	490	F	21/12/14	CO Manchester Aquatics Manchester Snow'pen	Manchester	Co Liverpool	1
4:47.10	450	H	08/06/14	BG North West Region 2014 Age Group Champs	Manchester		1
4:51.50	430	F	22/12/13	City of Manchester Aquatics Snow'pen Meet	Manchester	Co Liverpool	1
4:51.67	429	H	19/01/14	City of Liverpool Winter Meet Plus	Liverpool	Co Liverpool	1
5:05.84	372	H	09/06/13	BG NWR 2013 Age Group Championships	Manchester	Co Liverpool	1
5:09.14	360	F	12/05/13	City of Manchester AST The Manchester Open	Manchester	Co Liverpool	1
5:10.32	356	H	10/03/13	Lancashire Age Group County Championships	Manchester	Co Liverpool	1
5:12.94	347	H	20/01/13	City of Liverpool SC L1 Winter Open Meet	Liverpool	Co Liverpool	1
5:15.32	339	F	15/12/12	City of Manchester Snow Pen 2012	Manchester	Co Liverpool	1
5:21.90	319	F	12/05/12	City of Manchester Aquatics Swim Team Open	Manchester	Co Liverpool	1
5:27.12	304	H	18/03/12	Lancashire County Championships	Manchester	Co Liverpool	1
5:31.98	291	H	15/04/12	Radford SC 30th Open Meet	Sheffield	Co Liverpool	1

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