

Individual Best Times (All Time)

James Cross - (771595) - Wigan Best 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
4:09.27	688	C	27/05/18	2018 Glasgow International Swim Meet	Glasgow	Wigan BEST	1
4:15.47	639	H	27/05/18	2018 Glasgow International Swim Meet	Glasgow	Wigan BEST	1
4:16.60	630	H	28/01/18	Lancs County WPSA Age Groups & Championships	Manchester	Wigan BEST	1
4:19.42	610	H	24/07/18	British Summer Championships	Sheffield	Wigan BEST	1
4:21.60	595	H	19/01/19	Flanders Swimming Cup	Antwerp, Belgium	Wigan BEST	1
4:26.39	563	H	01/05/16	ASA North West Region Summer Championships	Manchester	Wigan BEST	1
4:48.53	443	H	16/03/14	Lancashire County Championships	Manchester	Wigan BEST	1
4:51.07	432	F	22/12/13	City of Manchester Aquatics Snow'pen Meet	Manchester	Wigan BEST	1
4:56.31	409	H	09/06/13	BG NWR 2013 Age Group Championships	Manchester	Wigan BEST	1
4:57.81	403	H	10/03/13	Lancashire Age Group County Championships	Manchester	Wigan BEST	1
5:41.51	267	H	10/04/11	Lancashire County Championships	Manchester	Wigan BEST	1
5:49.83	248	H	17/10/10	Borough of Stockton Open	Leeds	Wigan BEST	1
5:54.45	239	H	12/06/11	BG North West Region Age Group Championshi	Manchester	Wigan BEST	1

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