

# Individual Best Times (All Time)

John Boyle - (776152) - Dunmow Atlantis 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
4:39.94	485	H	21/01/17	Essex Age Group Championships 2017	Basildon	DunmowAtlant	1
4:39.94	485	H	21/01/17	Essex Age Group Championships	London	DunmowAtlant	1
4:39.94	485	H	21/01/17	Essex Age Group Championships 2017	Basildon	DunmowAtlant	1
4:44.99	460	H	16/04/16	Team Luton April Long Course Meet	Luton	DunmowAtlant	1
4:50.14	436	H	20/02/16	Essex Age Group Championships 2016	Basildon	DunmowAtlant	1
4:51.99	428	H	31/05/15	BPSC Level 1 Sprint & 400m No Frills Meet	Basildon		1
4:59.40	397	F	25/03/16	UEA City of Norwich Easter Long Course Meet	Norwich	DunmowAtlant	1

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