

Individual Best Times (All Time)

Nathan Swift - (779131) - Putteridge 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
4:32.67	525	H	14/02/16	Bedfordshire Age Group & County Champs	Luton	Team Luton	1
4:34.30	516	H	22/03/15	Bedfordshire ASA County Championships	Luton		1
4:38.36	494	H	24/05/15	ASA East Region Summer Championships	Norwich		1
4:41.90	475	F	03/04/15	UEA City of Norwich Easter LC Meet 2015	Norwich	Team Luton	1
4:43.59	467	H	15/06/14	BG ASA East Region BAGCAT Championships 2014	Norwich	Team Luton	1
4:46.83	451	H	11/04/15	Team Luton April Long Course Meet	Luton		1
4:47.22	449	F	20/04/14	UEA City of Norwich Easter LC Meet 2014	Norwich	Team Luton	1
4:47.43	448	H	21/12/13	Basildon & Phoenix Winter Long Course Meet	Basildon	Team Luton	1
4:51.93	428	F	31/03/13	City of Norwich SC Easter Meet 2013	Norwich	Team Luton	1
4:54.56	417	H	16/11/13	Team Luton Autumn LC Open Meet	Luton	Team Luton	1
4:57.04	406	H	09/06/13	BGASA East Region Age Group Champs	Norwich	Team Luton	1
5:02.51	385	H	10/02/13	Derventio February Festival	Sheffield	Team Luton	1
5:03.33	381	H	19/05/13	Rotherham Metro Level 1 Open Meet	Sheffield	Team Luton	1
5:07.29	367	H	20/10/12	Lincoln Vulcans SC LC Open Meet	Sheffield	Team Luton	1
5:19.86	325	H	10/06/12	British Gas ASA East Region BAGCAT Champs	Norwich	Team Luton	1
5:23.01	316	F	07/04/12	UEA City of Norwich Easter Meet	Norwich	Team Luton	1

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