

# Individual Best Times (All Time)

Connor Coupland - (788405) - Borough of Harrow S C - 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
4:57.19	406	H	04/04/15	Basildon & Phoenix LC Easter Meet	Basildon		1
4:58.64	400	H	31/05/15	BPSC Level 1 Sprint & 400m No Frills Meet	Basildon		1
4:59.47	396	F	16/05/15	MCASA Long Course Open Meet	Luton	Bo Of Harrow	1
5:12.67	348	H	19/07/14	Basildon & Phoenix End of Season Meet	Basildon		3
5:22.40	318	H	19/04/14	Basildon & Phoenix Easter Long Course Meet	Basildon	Bo Of Harrow	1

## Swims in Date Order

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