

Individual Best Times (All Time)

Ben Strover - (790406) - Orpington Ojays - 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
4:26.59	562	H	20/01/18	Kent Swimming Championships 2018	Crystal Palace	Orpington OJ	1
4:26.69	561	H	01/05/17	2017 London Swimming Regional Youth Championships	Stratford	Orpington OJ	1
4:27.63	556	H	21/01/17	Kent Swimming Championships	Crystal Palace	Orpington OJ	1
4:28.56	550	H	05/11/17	2017 London Swimming Regional Winter Champs	London	Orpington OJ	1
4:31.59	532	H	10/04/16	London Region Summer Championships	London	Orpington OJ	1
4:34.40	515	H	23/01/16	Kent Swimming Championships 2016	Crystal Palace	Orpington OJ	1
4:36.74	502	H	04/05/15	London Region Summer Championships	Crystal Palace	Orpington OJ	1
4:56.28	409	H	19/07/14	Basildon & Phoenix End of Season Meet	Basildon	Orpington OJ	3

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