

Individual Best Times (All Time)

Dermot O'Doherty - (792925) - Basildon and Phoenix 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
4:31.11	534	H	20/02/16	Essex Age Group Championships 2016	Basildon	Basildon Ph	1
4:35.95	507	H	18/07/15	Basildon & Phoenix LC End of Season Meet	Basildon		3
4:59.14	398	H	19/07/14	Basildon & Phoenix End of Season Meet	Basildon		3
5:08.94	361	H	16/12/12	Basildon & Phoenix LC Winter Meet	Basildon	Basildon Ph	1

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