

Individual Best Times (All Time)

Reef Hook - (801500) - Ealing 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
4:20.81	600	F	14/05/16	MCASA Long Course Open Meet	Guildford	Ealing	1
4:23.54	582	H	04/05/15	London Region Summer Championships	Crystal Palace		1
4:24.32	577	H	10/04/16	London Region Summer Championships	London	Ealing	1
4:26.17	565	H	13/05/17	Team Luton May Long Course Meet 2017	Luton	Ealing	1
4:27.48	556	H	31/01/16	Burns Open Meet 2016	Sheffield	Ealing	1
4:37.00	501	H	16/11/13	Team Luton Autumn LC Open Meet	Luton	Ealing	1
4:48.68	443	H	02/06/13	ASA London Region Age Groups 2013	London	Ealing	1
4:59.23	397	H	13/04/13	Bexley SC Long Course Open Meet	London	Ealing	1
5:06.93	368	H	17/11/12	Team Luton Inaugural Long Course Meet	Luton	Ealing	1
5:19.06	328	F	14/07/12	Portsmouth Northsea End of Season Meet	Portsmouth	Ealing	3
5:19.60	326	H	22/04/12	London Schools ESSA Divisional Trials	London	Ealing	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:26.17	565	H	13/05/17	Team Luton May Long Course Meet 2017	Luton	Ealing	1
4:20.81	600	F	14/05/16	MCASA Long Course Open Meet	Guildford	Ealing	1
4:24.32	577	H	10/04/16	London Region Summer Championships	London	Ealing	1
4:27.48	556	H	31/01/16	Burns Open Meet 2016	Sheffield	Ealing	1
4:23.54	582	H	04/05/15	London Region Summer Championships	Crystal Palace		1
4:37.00	501	H	16/11/13	Team Luton Autumn LC Open Meet	Luton	Ealing	1
4:48.68	443	H	02/06/13	ASA London Region Age Groups 2013	London	Ealing	1
4:59.23	397	H	13/04/13	Bexley SC Long Course Open Meet	London	Ealing	1
5:06.93	368	H	17/11/12	Team Luton Inaugural Long Course Meet	Luton	Ealing	1
5:19.06	328	F	14/07/12	Portsmouth Northsea End of Season Meet	Portsmouth	Ealing	3
5:19.60	326	H	22/04/12	London Schools ESSA Divisional Trials	London	Ealing	1