Individual Best Times (All Time)

John Wright - (809181) - Harrogate District SC - 400 Individual Medley - Long Course Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

4:51.53 4:51.54 4:51.93 4:51.96 4:52.45 4:52.51	575 575 573 573 570 569	F Н Н Н	02/05/15 19/12/15 28/07/15 30/05/15 30/04/16	Manchester Open Meet 2015 City of Leeds Christmas Meet 2015 British Summer Championships Sports Aid Long Course Licensed Meet	Manchester Leeds Sheffield Leeds	Harrogate Harrogate	1 3 1
4:51.93 4:51.96 4:52.45	573 573 570	H H	28/07/15 30/05/15	British Summer Championships	Sheffield	Harrogate	3 1 1
4:51.96 4:52.45	573 570	Н	30/05/15	·			1
4:52.45	570			Sports Aid Long Course Licensed Meet	Leeds		1
		Н	30/04/16				
4:52.51	569		30,0 ., .0	ASANER Regional Championships 2016	Sunderland	Harrogate	1
		Н	01/08/16	ASA Summer Nationals 2016	Sheffield	Harrogate	1
4:53.42	564	Н	21/02/15	Yorkshire County Championships	Leeds		1
4:54.34	559	Н	16/01/16	City of Sunderland New Year Meet	Sunderland	Harrogate	1
4:54.88	556	Н	19/03/16	City of Sunderland National Qualifier	Sunderland	Harrogate	1
4:57.09	543	F	13/02/16	Yorkshire County Championships	Leeds	Harrogate	1
4:57.47	541	Н	13/02/16	Yorkshire County Championships	Leeds	Harrogate	1
4:59.68	529	Н	10/04/16	Richmond Dales Open Meet	Leeds	Harrogate	1
5:19.76	436	Н	03/11/13	City of Sunderland Firecracker 2013	Sunderland	Harrogate	3
5:29.96	396	Н	11/05/13	Sports Aid Long Course Meet	Leeds	Harrogate	1
5:38.00	369	Н	13/05/12	Sports Aid Open Meet	Leeds	Harrogate	1
5:40.04	362	Н	03/06/12	North East Region BAGCAT Championships	Sheffield	Harrogate	1
5:45.40	346	Н	25/02/12	Yorkshire County Championships	Leeds	Harrogate	1
6:24.53	250	Н	26/02/11	Yorkshire County Championships	Leeds	Harrogate	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:52.51	569	Н	01/08/16	ASA Summer Nationals 2016	Sheffield	Harrogate	1
4:52.45	570	Н	30/04/16	ASANER Regional Championships 2016	Sunderland	Harrogate	1
4:59.68	529	Н	10/04/16	Richmond Dales Open Meet	Leeds	Harrogate	1
4:54.88	556	Н	19/03/16	City of Sunderland National Qualifier	Sunderland	Harrogate	1
4:57.09 Copyright 2024	543 1	F	13/02/16	Yorkshire County Championships	Leeds	Harrogate Powered By SPORT	1 SYSTEMS

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4:57.47	541	Н	13/02/16	Yorkshire County Championships	Leeds	Harrogate	1
4:54.34	559	Н	16/01/16	City of Sunderland New Year Meet	Sunderland	Harrogate	1
4:51.54	575	Н	19/12/15	City of Leeds Christmas Meet 2015	Leeds	Harrogate	3
4:51.93	573	Н	28/07/15	British Summer Championships	Sheffield		1
4:51.96	573	Н	30/05/15	Sports Aid Long Course Licensed Meet	Leeds		1
4:51.53	575	F	02/05/15	Manchester Open Meet 2015	Manchester	Harrogate	1
4:53.42	564	Н	21/02/15	Yorkshire County Championships	Leeds		1
5:19.76	436	Н	03/11/13	City of Sunderland Firecracker 2013	Sunderland	Harrogate	3
5:29.96	396	Н	11/05/13	Sports Aid Long Course Meet	Leeds	Harrogate	1
5:40.04	362	Н	03/06/12	North East Region BAGCAT Championships	Sheffield	Harrogate	1
5:38.00	369	Н	13/05/12	Sports Aid Open Meet	Leeds	Harrogate	1
5:45.40	346	Н	25/02/12	Yorkshire County Championships	Leeds	Harrogate	1
6:24.53	250	Н	26/02/11	Yorkshire County Championships	Leeds	Harrogate	1

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