

Individual Best Times (All Time)

John Wright - (809181) - Harrogate District 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
4:22.55	588	H	06/02/16	Yorkshire County Championships	Leeds	Harrogate	1
4:24.62	575	H	16/01/16	City of Sunderland New Year Meet	Sunderland	Harrogate	1
4:25.85	567	H	20/12/15	City of Leeds Christmas Meet 2015	Leeds	Harrogate	3
4:29.43	544	H	10/04/16	Richmond Dales Open Meet	Leeds	Harrogate	1
4:34.52	515	H	14/02/15	Yorkshire County Championships	Leeds		1
4:38.74	492	H	13/04/14	Sports Aid Open Meet 2014	Leeds	Harrogate	1
4:39.92	485	H	09/06/13	ASA North East Region Age Group Champs	Sheffield	Harrogate	1
4:41.44	478	H	02/11/13	City of Sunderland Firecracker 2013	Sunderland	Harrogate	3
4:45.57	457	F	17/11/12	The Aquae Sulis Grand Prix 2012	Bristol	Harrogate	1
4:56.56	408	H	12/05/12	Sports Aid Open Meet	Leeds	Harrogate	1
5:11.02	354	H	18/02/12	Yorkshire ASA Championships	Leeds	Harrogate	1
5:25.69	308	H	07/05/11	Sports Aid Yorkshire & Humberside Meet	Leeds	Harrogate	1
5:25.82	308	H	19/02/11	Yorkshire County Championships	Sheffield	Harrogate	1

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