

Individual Best Times (All Time)

Nicholas Laws - (820839) - Millfield - 400 Individual Medley - 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
5:33.73	383	F	21/12/13	Plymouth Leander Level 1 LC Open 2013	Plymouth	Millfield	1
5:50.50	331	H	01/06/13	ASA South West Region Age Groups 2013	Millfield	Millfield	1
6:04.76	293	F	15/12/12	Plymouth L1 Long Course Open Meet	Plymouth	Millfield	1
6:15.57	269	F	14/07/12	Plymouth Leander Non National Qualifier	Plymouth	Millfield	3
6:35.88	229	F	21/01/12	Exeter City Level 1 Open Meet	Cardiff	Millfield	1

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