

# Individual Best Times (All Time)

Thomas Menlove - (826722) - Winchester City Penguins - 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
4:44.55	618	F	02/08/17	Swim England National Summer Meet (50m)	Sheffield	Winchester	1
4:44.72	617	F	31/07/19	Swim England National Summer Meet	Sheffield	Winchester	1
4:45.04	615	H	31/07/19	Swim England National Summer Meet	Sheffield	Winchester	1
4:47.28	601	F	14/02/20	Middle East Open and Junior Championships	Dubai	Winchester	1
4:47.33	601	F	15/03/20	Millfield & Team Bath AS L1 National Qualifier	Millfield School	Winchester	1
4:47.97	597	F	31/07/18	Swim England National Summer Meet	Sheffield	Winchester	1
4:48.23	595	F	06/04/19	Guildford City Level 1 Spring Open Meet	Surrey Sports Park	Winchester	1
4:48.51	593	H	31/07/18	Swim England National Summer Meet	Sheffield	Winchester	1
4:49.10	590	H	02/08/17	Swim England National Summer Meet (50m)	Sheffield	Winchester	1
4:49.68	586	F	22/06/19	2019 Long Course Summer Open	London	Winchester	1
4:50.35	582	H	06/05/19	Swim England 15 Over Swimming Championships 2019	Wycombe	Winchester	1
4:50.56	581	H	21/04/19	Team Luton April Open Meet	Luton	Winchester	1
4:51.79	574	F	26/03/17	Aquae Sulis Grand Prix	Bristol		1
4:52.12	572	H	07/05/18	Swim England South East Championships 2018	Wycombe	Winchester	1
4:52.26	571	F	14/02/20	Middle East Open and Junior Championships	Dubai	Winchester	1
4:52.79	568	F	25/05/19	2019 London Swimming National Qualifier	London	Winchester	1
4:53.32	565	F	07/04/18	City of Bristol International Open Meet	Hengrove Park		1
4:53.59	563	H	08/02/20	Hampshire County Championships 2020	Portsmouth	Winchester	1
4:54.23	559	F	01/04/18	Portsmouth Northsea Easter Meet	Mountbatten SC	Winchester	1
4:54.63	557	F	28/05/17	PNSC May Madness Meet	Portsmouth	Winchester	1
4:56.26	548	H	04/11/17	Swim England SE - 2017 Open & Junior Champs	Portsmouth	Winchester	1
4:56.40	547	F	19/11/17	Team Bath AS Autumn Level 1 & Level 3 Open Meet	Hengrove		1
4:56.52	546	H	01/05/17	ASA South East Region Championships 2017	Wycombe	Winchester	1
4:56.68	546	H	24/01/20	22nd Luxembourg Euro Meet 2020	Luxembourg		1
4:57.30	542	H	03/02/18	Hampshire County Championships 2018	Mountbatten LC	Winchester	1
4:57.85	539	F	06/01/18	UBSC New Year Level 1 Open Meet	Hengrove	Winchester	1
4:58.78	538	H	11/02/17	Hampshire County Swimming Championships 2017	Portsmouth	Winchester	1

4:39.73	529	H	11/02/17	Hampshire County Swimming Championships 2017	Portsmouth	Winchester	1
5:08.34	486	H	02/05/16	ASA South East Region Swimming Championships	Portsmouth	Winchester	1
5:08.37	486	F	09/04/16	City of Bristol International Open Meet	Bristol	Winchester	1
5:09.13	482	F	27/05/16	City of Cardiff Open Meet	Cardiff	Winchester	1
5:10.63	475	H	20/12/15	Northampton 2015 Long Course Winter Festival	Corby	Winchester	1
5:10.64	475	H	06/02/16	Hampshire County Swimming Championships 2016	Portsmouth	Winchester	1
5:13.71	461	F	27/03/16	Portsmouth Northsea Easter Festival	Portsmouth		1
5:22.82	423	F	19/07/15	Portsmouth Northsea End of Season Meet	Portsmouth	Winchester	3
5:28.78	401	F	26/04/15	Millfield & Taunton Super Series (LC)	Millfield	Winchester	1
5:30.20	396	F	11/04/15	City of Bristol Level 1 April Meet	Bristol	Winchester	1
5:31.88	390	H	01/03/15	Hampshire County ASA Championships	Portsmouth	Winchester	1
5:45.52	345		02/03/14	Hampshire County Championships	Portsmouth	Winchester	1
5:54.84	319	H	31/05/14	ASA South East Region Age Group Championships	Crawley	Winchester	1
6:05.94	291		25/05/13	ASA South East Region Age Group Champs	Crawley	Winchester	1
6:10.49	280		03/03/13	Hampshire County Championships	Portsmouth	Winchester	1
6:13.13	274	F	14/07/13	Portsmouth Northsea End of Season Meet	Portsmouth	Winchester	3

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