

Individual Best Times (All Time)

Joshua Fowles - (844576) - Witham Dolphins 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
4:10.49	678	H	03/02/19	Essex Age Group Champs 2019	Basildon	Witham Dolph	1
4:10.84	675	H	23/07/19	British Summer Championships	Glasgow	Witham Dolph	1
4:11.74	668	H	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	Witham Dolph	1
4:14.79	644	F	26/05/19	2019 London Swimming National Qualifier	London	Witham Dolph	1
4:16.37	632	H	02/02/20	Essex Age Group Championships 2020	Basildon	Witham Dolph	1
4:16.38	632	H	06/05/18	East Swimming Long Course Championships 2018	Norwich	Witham Dolph	1
4:19.42	610	H	20/01/18	Essex Age Group Championships 2018	Basildon	Witham Dolph	1
4:19.54	609	H	31/03/18	BPSC Easter Meet 2018	Basildon	Witham Dolph	1
4:22.05	592	H	04/11/17	East Region Winter Championships	Norwich	Witham Dolph	1
4:24.68	574	F	25/03/16	UEA City of Norwich Easter Long Course Meet	Norwich		1
4:25.73	568	H	30/04/17	ASA East Long Course Championships	Luton	Witham Dolph	1
4:28.27	552	H	28/10/17	Essex Senior Winter Championships 2017	Basildon	Witham Dolph	1
4:30.53	538	H	03/05/15	ASA East Region Summer Championships Weekend 1	Luton	Witham Dolph	1
4:35.17	511	H	21/01/17	Essex Age Group Championships 2017	Basildon	Witham Dolph	1
4:35.17	511	H	21/01/17	Essex Age Group Championships	London	Witham Dolph	1
4:35.17	511	H	21/01/17	Essex Age Group Championships 2017	Basildon	Witham Dolph	1
4:42.52	472	H	03/05/14	ASA East Region Youth Championships	Luton	Witham Dolph	1

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