

Individual Best Times (All Time)

Louis Hines - (848874) - Watford 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
4:34.34	516	H	16/04/16	Team Luton April Long Course Meet	Luton	Watford SC	1
4:35.01	512	H	26/04/16	British Para-Swimming Championships	Glasgow	Watford SC	1
4:35.90	507	H	14/05/16	Team Luton May Long Course Meet	Luton	Watford SC	1
4:37.92	496	F	03/08/16	ASA Summer Nationals 2016	Sheffield	Watford SC	1
4:39.01	490	H	03/08/16	ASA Summer Nationals 2016	Sheffield	Watford SC	1
4:41.27	478	H	30/04/17	British Para Swimming International 2017	Sheffield	Watford SC	1
4:43.11	469	H	06/05/18	East Swimming Long Course Championships 2018	Norwich	Watford SC	1
4:44.20	464	H	14/04/18	Team Luton April Long Course Meet 2018	Luton	Watford SC	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:43.11	469	H	06/05/18	East Swimming Long Course Championships 2018	Norwich	Watford SC	1
4:44.20	464	H	14/04/18	Team Luton April Long Course Meet 2018	Luton	Watford SC	1
4:41.27	478	H	30/04/17	British Para Swimming International 2017	Sheffield	Watford SC	1
4:37.92	496	F	03/08/16	ASA Summer Nationals 2016	Sheffield	Watford SC	1
4:39.01	490	H	03/08/16	ASA Summer Nationals 2016	Sheffield	Watford SC	1
4:35.90	507	H	14/05/16	Team Luton May Long Course Meet	Luton	Watford SC	1
4:35.01	512	H	26/04/16	British Para-Swimming Championships	Glasgow	Watford SC	1
4:34.34	516	H	16/04/16	Team Luton April Long Course Meet	Luton	Watford SC	1