

Individual Best Times (All Time)

Joel Sinclair - (860576) - Carlisle Aquatics - 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
4:48.48	594	F	28/07/16	British Summer Championships	Sheffield	Carlisle Aq	1
4:51.21	577	C	03/07/16	Scottish National Open Championships	Glasgow	Carlisle Aq	1
4:52.42	570	H	29/05/16	ASA North West Region Summer Championships	Manchester	Carlisle Aq	1
4:52.83	567	H	28/07/16	British Summer Championships	Sheffield	Carlisle Aq	1
4:53.69	562	F	11/03/16	Edinburgh International Meet	Edinburgh	Carlisle Aq	1
4:58.25	537	H	03/07/16	Scottish National Open Championships	Glasgow	Carlisle Aq	1
4:59.25	532	F	03/04/16	Scottish National Age Group Championships	Glasgow	Carlisle Aq	1
5:01.09	522	H	21/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	Carlisle Aq	1
5:01.89	518	H	23/05/15	ASA 2015 North West Regional Championships	Liverpool		1
5:02.88	513	F	26/07/15	Scottish Summer Meet 2015	Edinburgh	Carlisle Aq	1
5:02.94	512	F	02/05/15	Manchester Open Meet 2015	Manchester	Carlisle Aq	1
5:03.14	511	H	27/06/15	ESSA Inter-Divisional Championships	Sunderland		1
5:05.90	498	F	05/04/15	Scottish National Age Group Championships	Aberdeen	Carlisle Aq	1
5:21.93	427	H	01/08/14	BG ASA National Age Groups Champs 2014	Sheffield		1
5:23.23	422	F	07/06/14	BG North West Region 2014 Age Group Champs	Manchester		1
5:27.15	407	F	26/06/14	Scottish Gas National Age Groups 2014	Aberdeen		1
5:38.39	368	H	07/06/14	BG North West Region 2014 Age Group Champs	Manchester		1
5:56.01	316	H	11/01/14	City of Sunderland New Year Meet 2014	Sunderland	Carlisle Aq	1
6:03.95	295	H	03/11/13	City of Sunderland Firecracker 2013	Sunderland	Carlisle Aq	3
6:18.29	263	H	08/06/13	BG NWR 2013 Age Group Championships	Manchester	Carlisle Aq	1

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