

Individual Best Times (All Time)

Joel Sinclair - (860576) - Carlisle Aquatics - 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
4:23.13	585	H	26/07/16	British Summer Championships	Sheffield	Carlisle Aq	1
4:25.04	572	F	31/03/16	Scottish National Age Group Championships	Glasgow	Carlisle Aq	1
4:28.59	550	H	21/01/17	City of Sunderland SC New Year Meet 2017	Sunderland	Carlisle Aq	1
4:28.64	549	H	28/06/15	ESSA Inter-Divisional Championships	Sunderland		1
4:32.07	529	F	03/04/15	Scottish National Age Group Championships	Aberdeen	Carlisle Aq	1
4:32.97	524	F	24/07/15	Scottish Summer Meet 2015	Edinburgh	Carlisle Aq	1
4:33.98	518	H	24/05/15	ASA 2015 North West Regional Championships	Liverpool		1
4:34.22	516	F	03/05/15	Manchester Open Meet 2015	Manchester	Carlisle Aq	1
4:39.18	489	H	17/01/15	City of Sunderland New Year Meet	Sunderland		1
4:40.26	484	F	08/06/14	BG North West Region 2014 Age Group Champs	Manchester		1
4:45.63	457	F	27/06/14	Scottish Gas National Age Groups 2014	Aberdeen		1
4:47.46	448	H	03/08/14	BG ASA National Age Groups Champs 2014	Sheffield		1
4:51.28	431	H	08/06/14	BG North West Region 2014 Age Group Champs	Manchester		1
5:08.47	363	H	11/01/14	City of Sunderland New Year Meet 2014	Sunderland	Carlisle Aq	1
5:17.56	332	H	02/11/13	City of Sunderland Firecracker 2013	Sunderland	Carlisle Aq	3
6:00.95	226	H	06/01/13	City of Sunderland New Year Meet	Sunderland	Carlisle Aq	3

Swims in Date Order

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