

Individual Best Times (All Time)

Filip Fraczek-Krygier - (865749) - Poole 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
4:35.80	508	F	16/07/16	Portsmouth Northsea End of Season Meet	Portsmouth	Soton Dolp	3
4:41.38	478	H	24/05/15	ASASER Swimming Championships	Portsmouth		1
4:52.01	428	H	28/02/15	Hampshire County ASA Championships	Portsmouth	Soton Dolp	1
5:08.18	364		01/03/14	Hampshire County Championships	Portsmouth	Soton Dolp	1
5:09.16	360	H	15/06/14	ASA South East Region Age Group Championships	Crawley	Soton Dolp	1
5:43.16	263		02/03/13	Hampshire County Championships	Portsmouth	Soton Dolp	1

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