

Individual Best Times (All Time)

Benjamin Foulston - (866536) - Bramcote Swimming Club - 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
4:25.77	567	F	08/07/17	Berlin Open Meet 2017	Berlin	Nova Cent'n	1
4:26.17	565	H	08/07/17	Berlin Open Meet 2017	Berlin	Nova Cent'n	1
4:27.89	554	F	30/07/16	British Summer Championships	Sheffield	Nova Cent'n	1
4:28.59	550	F	25/07/17	British Summer Championships	Sheffield	Nova Cent'n	1
4:29.15	546	H	30/04/17	British Para Swimming International 2017	Sheffield		1
4:29.18	546	F	01/07/16	Scottish National Open Championships	Glasgow	Nova Cent'n	1
4:30.63	537	H	25/07/17	British Summer Championships	Sheffield	Nova Cent'n	1
4:30.68	537	H	30/07/16	British Summer Championships	Sheffield	Nova Cent'n	1
4:31.30	533	H	30/04/17	British Para Swimming International 2017	Sheffield		1
4:31.40	533	H	11/12/16	National Para Swimming Championships	Manchester	Nova Cent'n	1
4:32.24	528	H	01/04/17	Stockport Metro Qualifying Window Meet	Stockport	Nova Cent'n	1
4:32.26	528	H	26/04/16	British Para-Swimming Championships	Glasgow	Nova Cent'n	1
4:32.99	523	H	05/11/17	Midland Long Course Championships	Nottingham	Nova Cent'n	1
4:33.21	522	H	10/04/16	Derventio Excel 10th Open Meet 2016	Sheffield	Nova Cent'n	1
4:33.77	519	H	01/07/16	Scottish National Open Championships	Glasgow	Nova Cent'n	1
4:33.96	518	H	26/04/16	British Para-Swimming Championships	Glasgow	Nova Cent'n	1
4:34.18	517	H	13/12/15	National Para Swimming	Manchester		1
4:35.28	510	H	22/01/17	Nottingham ASA County Championships 2017	Nottingham	Bramcote	1
4:36.42	504	H	21/05/16	Nova Centurion May Level 1 Long Course Open Meet	Nottingham	Nova Cent'n	1
4:39.93	485	H	05/02/16	Derventio Excel February Festival 2016	Sheffield	Bramcote	1
4:41.32	478	H	01/08/15	British Summer Championships	Sheffield		1
4:45.43	458	H	19/12/15	Northampton 2015 Long Course Winter Festival	Corby	Nova Cent'n	1
4:48.62	443	H	05/08/14	BG ASA Youth & MC Championships 2014	Sheffield		1
4:49.89	437	H	03/05/15	Midland Swimming Spring Championships 2015	Corby		1
4:50.35	435	H	29/03/15	British Para Swimming International	Glasgow		1
4:51.56	430	F	01/08/15	British Summer Championships	Sheffield		1
4:52.02	428	F	05/08/14	BG ASA Youth & MC Championships 2014	Sheffield		1

4:32.02	420	F	05/08/14	BG ASA Youth & MC Championships 2014	Sheffield		
5:01.09	390	F	21/04/14	British-Para Swimming International	Glasgow	Bramcote	1
5:02.01	386	H	21/04/14	British-Para Swimming International	Glasgow	Bramcote	1
5:28.78	299	H	30/07/13	BG ASA National Youth Championships	Sheffield	Bramcote	1

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