

# Individual Best Times (All Time)

Kieran Howard - (875334) - Radford 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
4:42.69	471	H	05/02/22	Nottinghamshire ASA County Championships 2022	Harvey Hadden	Radford	1
4:55.32	413	H	01/08/21	SE East Midlands Festival of Swimming 2021	Nottingham	Radford	1
4:56.78	407	H	01/02/20	Nottinghamshire ASA County Championships 2020	Nottingham	Radford	1
5:14.71	341	H	08/07/18	Northampton Swimming Club 2018 LC Summer Festival	Corby	Nova Cent'n	3
5:21.71	320	H	19/05/18	Nova Centurion May Level 1 LC Open Meet	Nottingham	Nova Cent'n	1
5:24.31	312	H	21/01/18	Nottinghamshire ASA County Championships 2018	Nottingham	Bramcote	1
5:30.27	295	H	22/10/17	Nova Centurion SC October Level 1 Open Meet	Nottingham	Nova Cent'n	1
5:48.13	252	H	13/05/17	Nova Centurion May Level 1 LC Open Meet	Nottingham	Nova Cent'n	1
5:53.10	242	H	22/01/17	Nottingham ASA County Championships 2017	Nottingham	Bramcote	1
7:31.76	115	H	20/12/15	Nottinghamshire Festive Frenzy Gala 2015	Nottingham	Bramcote	3

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