Individual Best Times (All Time)

Joshua Cowham - (901333) - Thanet Swim Club - 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
4:53.57	563	F	04/08/15	ASA Summer Nationals 2015	Sheffield	Thanet Swim	1
4:59.41	531	F	27/03/16	Portsmouth Northsea Easter Festival	Portsmouth	Thanet Swim	1
5:00.39	526	H	23/01/16	Kent Swimming Championships 2016	Crystal Palace	Thanet Swim	1
5:03.34	510	H	04/08/15	ASA Summer Nationals 2015	Sheffield	Thanet Swim	1
5:08.72	484	H	23/05/15	ASASER Swimming Championships	Portsmouth		1
5:16.02	451	F	01/08/14	BG ASA National Age Groups Champs 2014	Sheffield	Thanet Swim	1
5:17.78	444	H	01/08/14	BG ASA National Age Groups Champs 2014	Sheffield	Thanet Swim	1
5:17.83	444	F	05/04/15	Portsmouth Northsea Easter Festival L1 Meet	Portsmouth	Thanet Swim	1
5:20.09	434	H	31/05/14	ASA South East Region Age Group Championships	Crawley	Thanet Swim	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:59.41	531	F	27/03/16	Portsmouth Northsea Easter Festival	Portsmouth	Thanet Swim	1
5:00.39	526	H	23/01/16	Kent Swimming Championships 2016	Crystal Palace	Thanet Swim	1
4:53.57	563	F	04/08/15	ASA Summer Nationals 2015	Sheffield	Thanet Swim	1
5:03.34	510	H	04/08/15	ASA Summer Nationals 2015	Sheffield	Thanet Swim	1
5:08.72	484	H	23/05/15	ASASER Swimming Championships	Portsmouth		1
5:17.83	444	F	05/04/15	Portsmouth Northsea Easter Festival L1 Meet	Portsmouth	Thanet Swim	1
5:16.02	451	F	01/08/14	BG ASA National Age Groups Champs 2014	Sheffield	Thanet Swim	1
5:17.78	444	H	01/08/14	BG ASA National Age Groups Champs 2014	Sheffield	Thanet Swim	1
5:20.09	434	H	31/05/14	ASA South East Region Age Group Championships	Crawley	Thanet Swim	1