Individual Best Times (All Time)

Joshua Cowham - (901333) - Thanet Swim 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
4:32.11	528	F	25/03/16	Portsmouth Northsea Easter Festival	Portsmouth	Thanet Swim	1
4:32.83	524	H	09/08/15	ASA Summer Nationals 2015	Sheffield	Thanet Swim	1
4:34.91	512	F	09/08/15	ASA Summer Nationals 2015	Sheffield	Thanet Swim	1
4:39.21	489	H	24/05/15	ASASER Swimming Championships	Portsmouth		1
4:41.90	475	H	15/06/14	ASA South East Region Age Group Championships	Crawley	Thanet Swim	1
4:45.48	458	H	03/08/14	BG ASA National Age Groups Champs 2014	Sheffield	Thanet Swim	1
4:45.93	455	H	11/04/15	Bexley Long Course Open Meet	Crystal Palace	Thanet Swim	1
4:50.68	433	H	19/04/14	Rushmoor Royals Easter L1 Open Meet	Aldershot	Thanet Swim	1

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