

Individual Best Times (All Time)

Ben Allen - (910835) - West Suffolk 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
4:38.26	494	H	20/04/19	Beckenham Easter International Open 2019	London	West Suffolk	1
4:46.53	453	F	03/03/19	CoNSC MARCH LONG COURSE OPEN MEET 2019	NORWICH	West Suffolk	3
4:50.05	436	H	27/02/22	Norfolk County Championships	UEA Sportspark	Co Norwich	1

Swims in Date Order

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