

Individual Best Times (All Time)

Joseph Russell - (911567) - Mount Kelly Swimming - 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
4:06.74	709	F	04/08/19	Swim England National Summer Meet	Sheffield	Mt Kelly	1
4:07.32	704	H	04/08/19	Swim England National Summer Meet	Sheffield	Mt Kelly	1
4:09.75	684	H	04/05/19	ASA SWR Summer Championships	Plymouth	Mt Kelly	1
4:09.92	682	F	14/03/20	The Plymouth Leander Spring Regional LC Qualifier	Plymouth	Mt Kelly	1
4:10.49	678	F	23/03/19	Millfield Street Super Series (LC)	Millfield	Mt Kelly	1
4:12.50	662	F	25/07/17	British Summer Championships	Sheffield	Mt Kelly	1
4:12.63	661	H	19/01/19	52e CIG Challenge International de Genève	Geneva		1
4:12.78	659	F	19/01/19	52e CIG Challenge International de Genève	Geneva		1
4:13.97	650	H	26/01/20	Chester le Street & Derwentside Burns Meet 2020	Sheffield	Mt Kelly	1
4:14.18	649	F	07/04/19	Crawley Spring Open	Crawley	Mt Kelly	1
4:14.33	647	F	27/05/19	Plymouth Leander National Qualifier L1 LC Open	Plymouth	Mt Kelly	1
4:14.83	644	H	24/07/18	British Summer Championships	Sheffield	Mt Kelly	1
4:15.30	640	F	08/04/18	Crawley Spring Open	Crawley	Mt Kelly	1
4:15.84	636	H	24/03/18	ESSA 68th National Inter-Divisional Championships	Crawley		1
4:15.97	635	H	25/07/17	British Summer Championships	Sheffield	Mt Kelly	1
4:16.75	629	F	16/02/19	Swansea Aquatics Spring Long Course 2019	WNPS	Mt Kelly	1
4:16.77	629	F	11/03/18	UBSC National Qualifier Level 1 Open Meet	Hengrove	Mt Kelly	1
4:17.13	626	H	02/03/18	Edinburgh International Inc British Championships	Edinburgh	Mt Kelly	1
4:17.64	623	F	26/07/16	British Summer Championships	Sheffield	Co Cant'bury	1
4:17.82	621	H	05/11/17	ASA SWR LC Winter Championships	Millfield	Mt Kelly	1
4:18.18	619	H	13/12/17	Swim England Winter Championships 2017	Sheffield	Mt Kelly	1
4:18.75	615	H	01/04/18	Beckenham SC 125th Anniversary International Open	London	Mt Kelly	1
4:20.15	605	F	09/04/17	Crawley Spring LC Level 1 Meet	Crawley	Mt Kelly	1
4:20.58	602	F	28/05/17	The Plymouth Leander 2017	Plymouth	Mt Kelly	1
4:20.86	600	H	26/07/16	British Summer Championships	Sheffield	Co Cant'bury	1
4:21.55	595	H	29/05/16	ASA South East Region Swimming Championships	Crawley	Co Cant'bury	1
4:22.51	592	H	12/05/17	New Century May Level 1 LC Open Meet	Nottingham	Mt Kelly	1

4:23.34	562	F	13/03/17	Nova Centurion May Level 1 LC Open Meet	Nottingham	Mt Kelly	
4:24.82	573	F	12/03/16	Wycombe Inaugural LC Premier Meet	Wycombe	Co Cant'bury	1
4:25.19	571	F	03/04/16	Guildford City Springboard Level 1 Open Meet	Guildford	Co Cant'bury	1
4:25.58	568	H	15/04/17	BPSC Easter Meet 2017	Basildon	Mt Kelly	1
4:27.24	558	H	29/04/17	ASA SWR Summer Championships	Plymouth	Mt Kelly	1
4:31.09	534	F	25/03/17	Aquae Sulis Grand Prix	Bristol	Mt Kelly	1
4:32.00	529	H	23/01/16	Kent Swimming Championships 2016	Crystal Palace	Co Cant'bury	1
4:33.38	521	H	09/08/15	ASA Summer Nationals 2015	Sheffield		1
4:33.93	518	F	09/08/15	ASA Summer Nationals 2015	Sheffield		1
4:39.33	489	H	24/05/15	ASASER Swimming Championships	Portsmouth		1
4:45.63	457	F	31/05/15	Cardiff International Open Meet 2015	Cardiff	Co Cant'bury	1
5:14.59	342	F	06/08/14	Swim Wales Summer Nationals 2014	Swansea	E l eXcel	1

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