

# Individual Best Times (All Time)

Adam Murray - (937909) - City of Cardiff - 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
4:24.88	573	F	05/08/18	Swim Wales Summer Nationals	Swansea	Co Cardiff	1
4:28.26	552	F	03/08/17	Swim Wales Summer Nationals	Swansea	Co Cardiff	1
4:30.72	537	F	27/05/18	Cardiff International Open Meet	Cardiff	Co Cardiff	1
4:30.77	536	F	14/04/17	Swim Wales Long Course Championships	Swansea	Co Cardiff	1
4:31.98	529	F	12/03/17	United Bristol Qual Level 1 Open Meet	Bristol	Co Cardiff	1
4:33.31	522	F	28/05/17	Cardiff International Open Meet 2017	Cardiff	Co Cardiff	1
4:36.05	506	F	26/05/19	City of Cardiff International Open Meet	Cardiff	Co Cardiff	1
4:41.97	475	F	04/08/16	Swim Wales Summer Nationals	Swansea	Co Cardiff	1
4:43.24	469	F	10/04/16	City of Bristol International Open Meet	Bristol	Co Cardiff	1
4:45.16	459	F	14/05/16	City of Swansea Long Course Meet 2016	Swansea	Co Cardiff	1
4:56.31	409	F	25/03/16	Swim Wales Long Course Championships	Swansea	Co Cardiff	1
5:04.14	378	F	27/07/15	Swim Wales Summer Open Meet	Swansea	Co Cardiff	1
5:07.19	367	F	18/04/15	Swim Wales Long Course Closed Meet	Swansea	Co Cardiff	1
5:08.78	362	F	16/05/15	Swim Swansea Open Meet	Swansea	Co Cardiff	1
5:10.47	356	F	22/03/15	City of Cardiff Tiger Bay Meet	Cardiff	Co Cardiff	3
5:23.59	314	F	16/11/14	Welsh Capital Open Meet	Cardiff	Co Cardiff	1
5:37.09	278	F	21/09/14	City of Cardiff Club Championships	Cardiff	Co Cardiff	4

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