

Individual Best Times (All Time)

Marik Goodwin - (957444) - Worksop Dolphins SC - 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
5:12.90	347	H	04/10/14	Robin Hood Open Meet 2014	Sheffield		1
5:18.35	330	H	22/01/17	Nottingham ASA County Championships 2017	Nottingham	Worksop	1
5:23.64	314	H	11/01/14	City of Derby Long Course L1 Meet	Sheffield	Worksop	1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:18.35	330	H	22/01/17	Nottingham ASA County Championships 2017	Nottingham	Worksop	1
5:12.90	347	H	04/10/14	Robin Hood Open Meet 2014	Sheffield		1
5:23.64	314	H	11/01/14	City of Derby Long Course L1 Meet	Sheffield	Worksop	1