

# Individual Best Times (All Time)

Harry Degen - (1116248) - Staines Swimming Club - 400 Freestyle - Short 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
4:27.02	502	H	29/09/18	RR Winter National & Regional Qualifier L2 Meet	Hart	Staines	2
4:32.26	473	H	24/09/17	Team Luton Autumn Short Course Meet 2017	Luton	Staines	3
4:32.62	471	H	16/10/16	Rushmoor Royals Autumn Open Meet 2016	Aldershot	Staines	2
4:40.75	432	F	08/11/16	Staines Club Championships	Staines	Staines	4
4:43.29	420	F	20/12/15	Hillingdon SC Winter Short Course Open Meet 2015	Uxbridge	Staines	2
4:44.89	413	F	08/11/15	City of Cardiff Welsh Capital Open Meet	Cardiff	Staines	2
4:45.41	411	F	30/01/16	MCASA County Championships 2016	Barnet	Staines	2
4:53.04	379	F	11/10/15	Stanes Club Championships 2015	Englesfield	Staines	4
4:54.75	373	F	26/04/15	CO Milton Keynes Annual Spring Open Meet	Milton Keynes	Staines	3
5:03.87	340	F	19/01/15	Middlesex County Championships 2015	Hendon	Staines	2
5:36.35	251	F	12/10/14	Staines Club Championships	Englefield		4
6:56.29	132	F	23/09/13	Staines SC Club Championships	Staines	Staines	4

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6:56.29

132

F

23/09/13

Staines SC Club Championships

Staines

Staines

4