Individual Best Times (All Time)

Neo Seppman - (1171805) - City of Swansea Aquatics Club - 400 Individual Medley - 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
5:41.18	325	F	10/02/19	Swim Wales West Regional Championships	Haverfordwest	Swansea Aq	2
5:50.76	299	F	03/12/16	Swim Wales Short Course Championships	Swansea	Swansea Aq	2
5:58.02	282	F	12/02/17	Swim Wales West Regional Championships	Haverfordwest	Swansea Aq	2
5:59.19	279	F	11/09/16	Swansea Aquatics Club Championships	Penlan	Swansea Aq	3
5:59.19	279	F	11/09/16	Swansea Aquatics Development Series 2017	Penlan	Swansea Aq	3
6:09.99	255	F	28/02/16	Llanelli Open Meet 2016	Llanelli	Swansea Aq	2
6:13.68	248	F	05/06/16	Amman Valley Open Meet 2016	Carmarthen	Swansea Aq	2
6:19.20	237	F	30/01/16	Swim Wales West Regional Championships	Haverfordwest	Swansea Aq	2

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:41.18	325	F	10/02/19	Swim Wales West Regional Championships	Haverfordwest	Swansea Aq	2
5:58.02	282	F	12/02/17	Swim Wales West Regional Championships	Haverfordwest	Swansea Aq	2
5:50.76	299	F	03/12/16	Swim Wales Short Course Championships	Swansea	Swansea Aq	2
5:59.19	279	F	11/09/16	Swansea Aquatics Club Championships	Penlan	Swansea Aq	3
5:59.19	279	F	11/09/16	Swansea Aquatics Development Series 2017	Penlan	Swansea Aq	3
6:13.68	248	F	05/06/16	Amman Valley Open Meet 2016	Carmarthen	Swansea Aq	2
6:09.99	255	F	28/02/16	Llanelli Open Meet 2016	Llanelli	Swansea Aq	2
6:19.20	237	F	30/01/16	Swim Wales West Regional Championships	Haverfordwest	Swansea Aq	2