

Individual Best Times (All Time)

Ashton Netherwood - (1314634) - Arun Tridents SC - 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
5:18.71	295	F	16/10/21	Sussex County ASA Winter Competition	Crawley		2
5:48.71	225	F	17/11/19	Littlehampton 400m Freestyle	Bognor Regis	Arun Trident	4
5:54.89	213	H	22/06/19	English Schools Swimming Association Summer Open	Crawley	Arun Trident	3
6:29.32	162	F	20/11/18	Littlehampton 400m Freestyle Invitational 2018	Littlehampton	Arun Trident	4

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