

# Individual Best Times (All Time)

Angelos Agko - (1334553) - Abingdon Vale 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
4:27.82	497	F	15/10/22	The Winchester Autumn Qualifier	Winchester		2
4:30.96	480	F	04/03/23	Maidenhead Marlins Spring Level 3 Gala 2023	Maidenhead		3
4:31.93	475	F	26/11/23	2023 Wycombe SC L3 County & Regional Qualifier	High Wycombe	AbingdonVale	3
4:31.98	475	H	04/12/22	Windsor SC County Chaser Open Meet	Maidenhead	Maidenhead	3
4:34.72	461	F	25/06/22	Maidenhead Marlins End of Season Level 3 Meet	Maidenhead		3
4:35.76	455	F	16/09/23	Maidenhead ASC 2023 Internal Gala	Maidenhead		4
4:54.38	374	H	05/12/21	Windsor SC County Chaser Open Meet	Maidenhead	Maidenhead	3
5:01.64	348	H	11/09/21	Maidenhead Marlins L4 Series	Maidenhead	Maidenhead	4
5:19.89	292	H	01/12/19	City of Oxford November Level 3 Meet	Oxford	Co Oxford	3
5:23.49	282	F	26/01/20	Oxfordshire & North Bucks County Championships	Aylesbury	Co Oxford	2
5:24.08	280	F	23/06/19	Maxwell June Meet	Aylesbury	Co Oxford	3
5:35.76	252	H	27/10/19	Team Luton Autumn Short Course Open Meet	Inspire; Luton	Co Oxford	3
5:37.75	248	H	13/07/19	COSC Summer Sizzler	Leys Leisure Pool	Co Oxford	3
6:03.64	198	H	14/07/18	COSC L3 Meet	Leys leisure pool	Co Oxford	3
6:34.98	155	H	25/11/17	COSC L3 Meet	Oxford	Co Oxford	3
6:43.24	145	H	16/09/17	City of Oxford Club Championships	Oxford	Co Oxford	4

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:31.93	475	F	26/11/23	2023 Wycombe SC L3 County & Regional Qualifier	High Wycombe	AbingdonVale	3
4:35.76	455	F	16/09/23	Maidenhead ASC 2023 Internal Gala	Maidenhead		4
4:30.96	480	F	04/03/23	Maidenhead Marlins Spring Level 3 Gala 2023	Maidenhead		3
4:31.98	475	H	04/12/22	Windsor SC County Chaser Open Meet	Maidenhead	Maidenhead	3
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