

Individual Best Times (All Time)

Theophilus Atanlusi - (1363665) - Newham & University of East Lond - 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
5:05.52	335	H	27/01/24	Romford Town Non County Qualifier Meet 2024	Romford	Bo Newham	3
5:53.99	215	H	12/12/21	Romford Town SC Christmas Cracker Meet 2021	London	Bo Newham	3
5:55.42	212	F	05/12/21	NUEL Late County Qualifier Open Meet 2021	Stratford		3
7:00.74	128	H	26/10/19	BPSC Autumn County Qualifier 2019	Basildon	Epping For't	3
7:03.13	126	H	05/10/19	The Alan Mitchell Memorial County Qualifier	Thurrock	Epping For't	3
7:14.47	116	H	13/10/19	EFDCS Club Champs 2019	Loughton	Epping For't	4

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