

Individual Best Times (All Time)

Aderes Litten - (1366244) - Flitwick Dolphins SC - 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
6:28.52	296	H	22/10/23	Flitwick Dolphins Open Meet 2023	Biggleswade	Flitwick	3
6:29.86	293	F	17/11/23	Godalming ASC Club Champs 2023	Godalming	Godalming	4
6:44.20	262	F	27/03/22	Amersham Inaugural Regional Qualifier Invitational	Chilterns Cen		3
6:44.72	261	H	15/05/22	Windsor SC Spring Open Meet	Maidenhead	Flitwick	3
6:51.16	249	F	19/11/22	City of Milton Keynes SC Autumn Meet 2022	Milton Keynes		3
7:06.94	223	H	05/11/21	Flitwick Dolphins SC Club Championships	Bedford	Flitwick	4

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
6:29.86	293	F	17/11/23	Godalming ASC Club Champs 2023	Godalming	Godalming	4
6:28.52	296	H	22/10/23	Flitwick Dolphins Open Meet 2023	Biggleswade	Flitwick	3
6:51.16	249	F	19/11/22	City of Milton Keynes SC Autumn Meet 2022	Milton Keynes		3
6:44.72	261	H	15/05/22	Windsor SC Spring Open Meet	Maidenhead	Flitwick	3
6:44.20	262	F	27/03/22	Amersham Inaugural Regional Qualifier Invitational	Chilterns Cen		3
7:06.94	223	H	05/11/21	Flitwick Dolphins SC Club Championships	Bedford	Flitwick	4