Individual Best Times (All Time)

Thomas Marshall - (1443281) - Exeter City Swimming 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
4:56.80	495	F	18/11/23	Swim Bournemouth Winter Meet 2023	Littledown		2
4:58.06	488	F	07/10/23	Exeter City Lyndsay Powell Memorial Meet 2023	Plymouth		2
4:59.04	484	F	04/11/23	SE South West Region SC Winter Championships 2023	Millfield		2
5:30.94	357	F	14/11/22	Exeter City SC 400m Time Trials 2022	Exeter		4

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