

# Individual Best Times (All Time)

Ben Ross - (1578724) - East Grinstead Swimming Club - 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
6:38.78	150	F	13/12/23	East Grinstead Winter Championships 2023	Edenbridge	East Grins'd	4
6:52.53	136	F	12/07/23	East Grinstead 2023 Summer Championships 2023	Edenbridge		4
6:57.13	131	F	05/12/22	East Grinstead SC Winter Championships 2022	Edenbridge		4

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