

Individual Best Times (All Time)

Joshua Gray - (179670) - West Norfolk 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
4:57.44	491	H	22/10/11	teamipswich 13th Open Meet	Ipswich	West Norfolk	2
5:06.50	449	H	13/03/10	Norfolk County Champs	Thetford	West Norfolk	2

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