

# Individual Best Times (All Time)

Michael Adair - (195011) - Worcester SC - 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
4:21.78	533	H	09/03/14	Worcester County Championships	Wolverhampton	Worcester	2
4:24.38	517	H	25/10/13	Worcester SC 17th Open Meet	Worcester	Worcester	3
4:24.69	515	H	24/10/14	Worcester 18th Open Meet	Worcester		3
4:35.23	458	H	21/10/11	Worcester SC Open Meet	Worcester	Worcester	3
4:35.28	458		08/05/10	Gloucester Open Meet	Gloucester	Worcester	2
4:36.11	454		27/11/11	Nuneaton & Bedworth 100 200 400 Open Mt	Nuneaton	Worcester	2
4:39.07	439	H	27/03/10	Worcestershire County Championships	Wolverhampton	Worcester	2
4:39.42	438	H	22/10/10	Worcester 14th Open Meet	Worcester	Worcester	3
4:39.64	437	H	11/03/12	Worcester County Championships	Worcester	Worcester	2
4:42.45	424	H	23/01/10	Brierley Hill Open Meet	Wolverhampton	Worcester	2
4:45.93	409	H	04/10/09	South West v West Midland	Gloucester	Worcester	2
4:47.45	402	H	24/01/09	Brierley Hill Open Meet	Wolverhampton	Worcester	2
4:49.58	393	H	28/03/09	Worcester County Champs	Wolverhampton	Worcester	2
5:04.23	339	H	24/10/08	Worcester 12th Open Meet	Worcester	Worcester	3
5:06.41	332	H	08/03/08	Worcester County Champs	Wolverhampton	Worcester	2
5:48.02	226	H	10/03/07	Worcester County Champs	Wolverhampton	Worcester	2

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