

Individual Best Times (All Time)

Josef Craig - (205176) - South Tyneside 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
4:32.38	473	H	23/11/13	DSE National Short Course Meet	Sheffield	Co Sund'land	2
4:34.14	464	H	30/11/13	ASA North East Region Senior & Junior Meet	Sunderland	Co Sund'land	2
4:34.88	460	H	01/03/13	National Junior & Youth Championships	Sheffield	Co Sund'land	2
4:34.89	460	H	06/12/14	ASANER BG Regional Senior & Youth Champs	Sunderland		2
4:40.37	433	H	01/03/14	DSE National Junior & Youth Championships	Sheffield	Co Sund'land	2
4:41.83	427	H	09/05/14	Middlesbrough Open Meet 2014	Middlesbrough	Co Sund'land	2
4:42.37	424	H	06/04/13	City of Salford Spring Meet	Salford	Co Sund'land	3
4:42.60	423	H	24/11/12	DSE 25m Championship 2012	Sheffield	Co Sund'land	2
4:43.98	417	H	23/11/14	BG Para-Swimming Championships	Manchester		2
4:50.57	389	H	21/04/12	South Tyneside ASC Open Meet	Hebburn	Co Sund'land	4
4:51.23	387	H	24/03/12	National Disability Youth Championships	Sheffield	Co Sund'land	2
4:53.17	379	H	26/11/11	National Disability 25m Championships 2011	Sheffield	Co Sund'land	2
4:59.56	355	H	26/02/11	National Disability Youth Championships	Sheffield	Co Sund'land	2
5:28.69	269	H	06/03/10	DSE National Jun Champs	Sheffield	Co Sund'land	2
5:34.44	255	H	24/10/09	Chester Le Street Junior	Chester-le-Street	Co Sund'land	4
5:37.47	248	H	26/09/09	South Tyneside Sept Meet	Hebburn	Co Sund'land	3
5:40.77	241	H	21/11/09	DSE Open SC 2009	Sheffield	Co Sund'land	2
5:46.33	230	H	07/11/09	ASANER Championships 25m	Durham	Co Sund'land	2
5:58.56	207		04/07/09	Swim Wales Disability SC	Newport	Co Sund'land	1
6:00.49	204	H	25/04/09	South Tyneside Graded	Hebburn	Co Sund'land	3
6:05.22	196	H	05/04/09	City of Newcastle Open	Newcastle upon Tyne	Co Sund'land	1
6:13.28	183	H	07/03/09	DSE National Jun SC Champ	Sheffield	Co Sund'land	1
6:13.31	183	H	28/02/09	Northumberland & Durham	Middlesbrough	Co Sund'land	2
6:40.08	149	H	01/11/08	DSE National Short Course Mt	Sheffield	Co Sund'land	2
6:45.64	143	H	20/09/08	Middlesbrough Autumn Meet	Tynemouth	Co Sund'land	3
6:57.59	131	H	27/09/08	South Tyneside Sept Meet	Hebburn	Co Sund'land	3

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