

Individual Best Times (All Time)

James Day - (206917) - Basildon and Phoenix SC - 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 |
|---------|--------|-------|----------|--------------------------------|-----------|-----------------|-------|
| 5:12.42 | 424 | H | 09/10/11 | Thurrock SC Season Opener 2011 | Grays | Basildon Ph | 2 |
| 5:12.62 | 423 | H | 12/03/11 | Essex County Championships | Southend | Basildon Ph | 2 |
| 5:24.26 | 379 | H | 03/10/10 | Thurrock Season Opener Meet | Thurrock | Basildon Ph | 2 |
| 5:29.55 | 361 | H | 13/02/10 | Essex County Champs | Braintree | Basildon Ph | 2 |
| 5:39.27 | 331 | H | 09/12/09 | Thurrock Club Champs | Grays | Basildon Ph | 4 |
| 5:46.87 | 310 | H | 29/03/09 | Essex County Champs | Grays | Basildon Ph | 2 |
| 6:02.04 | 272 | | 19/11/08 | Thurrock Club Champs | Grays | Basildon Ph | 4 |
| 6:10.76 | 254 | H | 16/02/08 | Essex County Champs | Grays | Basildon Ph | 2 |
| 6:37.88 | 205 | | 08/12/07 | Thurrock Club Champs | Grays | Basildon Ph | 4 |
| 6:41.80 | 199 | | 01/12/07 | Guildford City Meet | Guildford | Basildon Ph | 1 |

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