

Individual Best Times (All Time)

George Epsly - (206930) - Basildon and Phoenix 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
4:04.03	657	H	21/11/15	Golden Eagle Meet 2015	Bletchley		2
4:04.25	656	H	25/10/14	Basildon & Phoenix Autumn Meet	Basildon		3
4:05.88	643	H	29/11/14	Essex Senior Junior Championships	Basildon		2
4:06.31	639	H	31/01/15	Essex County Age Group Championships 2015	Southend		2
4:09.19	617	H	08/12/13	ASA SWR Short Course Championships	Millfield	Plymouth Lea	2
4:09.85	613	H	26/09/15	Basildon & Phoenix Season Opener Meet	Basildon		2
4:22.24	530	H	04/12/11	BG SWR Short Course Championships	Millfield	Plymouth Lea	2
4:22.26	530	H	11/03/12	Devon County Championships	Plymouth	Plymouth Lea	2
4:22.34	529	F	11/03/12	Devon County Championships	Plymouth	Plymouth Lea	2
4:27.10	501	H	27/03/11	Essex County Championships	Braintree	Plymouth Lea	2
4:41.87	426	H	02/10/10	Thurrock Season Opener Meet	Thurrock	Plymouth Lea	2
4:50.68	389	H	07/03/10	Essex County Champs	Braintree	Plymouth Lea	2
4:54.31	375		23/05/09	Waltham Forest ODM Meet	Waltham Forest	Plymouth Lea	1
4:59.86	354	H	08/03/09	Essex County Champs	Braintree	Plymouth Lea	2
5:04.07	340	H	06/01/10	Thurrock Club Champs	Grays	Plymouth Lea	4
5:05.49	335		06/12/08	Thurrock Club Champs	Thurrock	Plymouth Lea	4

Swims in Date Order

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