

Individual Best Times (All Time)

Elliot Routledge - (220643) - Workington 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
4:09.27	617	H	15/11/14	Stockport Metro November Open Meet	Stockport	Cockermouth	2
4:13.28	588	H	15/03/14	Cumbria County Championships	Whitehaven	Cockermouth	2
4:13.55	586	H	14/03/15	2015 Cumbria Age Groups & County Championships	Whitehaven	Cockermouth	2
4:17.02	563	H	16/11/13	Stockport November L2 Meet	Stockport	Cockermouth	2
4:18.18	555	H	16/03/13	Cumbria County Championships	Whitehaven	Cockermouth	2
4:20.45	541	H	23/09/23	Workington 14th Presidents Gala 2023	Workington	Workington	3
4:22.56	528	H	27/02/16	Cumbria Age Groups & County Championships	Kendal	Cockermouth	2
4:22.73	527	F	30/09/15	Cockermouth Club Championships	Cockermouth	Cockermouth	4
4:23.82	520	H	20/01/24	Cumbria County Championships & Age Groups 2024	Workington	Workington	2
4:27.33	500	H	24/11/12	2012 Cumbria Autumn Graded Series	Kendal	Cockermouth	3
4:29.38	489	H	13/11/22	Workington SC Club Championships 2022	Workington	Workington	4
4:39.04	440	H	24/03/12	Cumbria Age Groups & County Champs	Kendal	Cockermouth	2
4:50.18	391	H	29/05/10	North West Inter Ass 2010	Bury	Cockermouth	2
4:51.26	386	H	26/03/11	Cumbria County Championships	Kendal	Cockermouth	2
4:55.19	371	F	28/05/11	North Midlands District Inter Assoc Gala	Macclesfield	Cockermouth	2
5:04.78	337	H	13/03/10	Cumbria County Champs	Whitehaven	Cockermouth	2
5:31.93	261	H	23/05/09	N West Inter Assoc Champs	Salford	Cockermouth	2
5:42.33	238	H	21/03/09	Cumbria County Champs	Kendal	Cockermouth	2
5:50.47	222	H	22/11/08	Cumbria Autumn Graded	Workington	Cockermouth	2

Swims in Date Order

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