

Individual Best Times (All Time)

Adrian Ash - (271002) - Havant & Waterlooville 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
4:51.40	386		29/11/15	Swim Bournemouth Winter Short Course L2 Meet	Littledown	Havant & Wat	2
4:53.18	379		02/04/16	Swim Bournemouth Spring L2 Open Meet	Bournemouth	Havant & Wat	2
4:53.51	378	H	16/10/15	Havant & Waterlooville Club Championships	Waterlooville	Havant & Wat	4
4:57.33	363	H	14/10/16	Havant & Waterlooville Club Championships	Waterlooville	Havant & Wat	4
5:12.14	314	F	29/11/14	Portsmouth Northsea Christmas Cracker	Portsmouth	Havant & Wat	2
5:12.35	313	H	16/01/15	Havant & Waterlooville Club Championships	Waterlooville	Havant & Wat	4
5:15.80	303		05/04/14	Swim Bournemouth 4th Annual Open Meet	Bournemouth	Havant & Wat	2
5:17.69	298	H	25/01/15	Fareham Nomads Winter Open Meet	Waterlooville	Havant & Wat	3
5:18.39	296	H	15/01/14	Havant & Waterlooville Club Championships	Waterlooville	Havant & Wat	4
6:01.58	202	H	16/01/13	Havant & Waterlooville Club Championships	Waterlooville	Havant & Wat	4

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