

Individual Best Times (All Time)

Zack Campbell-Maughan - (275226) - West Norfolk Swimming Club - 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
4:17.40	560	F	19/04/15	Newmarket & District Seventh Open Meet	Newmarket		3
4:22.42	529	H	12/07/15	West Norfolk SC Club Championships 2015	Downham	West Norfolk	4
4:22.88	526	H	07/12/14	ASA East Region Winter Championships	Luton	West Norfolk	2
4:24.45	517	H	21/02/15	Norfolk County Championships	Wymondham	West Norfolk	2
4:27.89	497	F	05/10/14	Dereham Icenis Level 3 Open Meet	Dereham	West Norfolk	3
4:28.90	491	H	22/02/14	Norfolk County Champs & AG Comp	Wymondham	West Norfolk	2
4:34.26	463	F	20/12/13	City of Peterborough Winter Open Meet	Peterborough	West Norfolk	3
4:34.61	461	F	02/11/13	Teamipswich Swimming November Open Meet	Ipswich	West Norfolk	3
4:48.05	400	F	20/04/13	Newmarket & District SC Fifth Open Meet	Newmarket	West Norfolk	3
4:52.69	381	H	09/02/13	Norfolk County ASA Champs & Age Group	Wymondham	West Norfolk	2
5:03.07	343	F	02/12/12	UEA City of Norwich Xmas Star Open Meet	Norwich	West Norfolk	3
5:09.27	323	F	05/03/11	Middlesex County Championships	Enfield	West Norfolk	2
5:16.19	302	F	04/12/10	Middlesex County SC Champ	Enfield	West Norfolk	2
5:27.51	272		17/10/09	Waltham Forest Autumn Qual	Waltham Forest	West Norfolk	3

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