

Individual Best Times (All Time)

John Slater - (302104) - Hillingdon 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
3:59.75	693		27/09/13	Basingstoke Bluefins Club Championships	Basingstoke	Basingstoke	3
4:04.37	655		01/12/12	ASA South East Region Open & Junior Meet	Aldershot	Basingstoke	2
4:06.43	638		28/09/12	Basingstoke Blufins Club Championships	Basingstoke	Basingstoke	4
4:11.70	599		09/04/11	Swim Bournemouth Open Meet	Littledown	Basingstoke	2
4:19.55	546		22/10/11	Basingstoke Bluefins SC Championships	Basingstoke	Basingstoke	4
4:29.57	488		23/10/10	Basingstoke Bluefins	Basingstoke	Basingstoke	4
4:34.27	463		24/10/09	Basingstoke Bluefins	Basingstoke	Basingstoke	4
4:39.08	439		11/04/09	Reading Easter Open	Reading	Basingstoke	2
5:03.75	341		06/12/08	Basingstoke Bluefins Club	Basingstoke	Basingstoke	4
5:18.68	295		01/12/07	Basingstoke Bluefins Club	Basingstoke	Basingstoke	4

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