

Individual Best Times (All Time)

Alex Mason - (312695) - Stevenage 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
4:12.11	596	H	05/11/16	East Swimming 2016 SC Championships	Luton	Team Luton	2
4:15.03	576	H	23/03/14	Bedfordshire Age Group & County Champs	Luton	Team Luton	2
4:16.12	569	H	07/11/15	ASA East Region Winter Championships 2015	Luton		2
4:16.24	568	H	24/09/16	Team Luton September Short Course Meet	Luton	Team Luton	2
4:16.92	563	H	17/03/13	Bedfordshire County Championships	Luton	Team Luton	2
4:18.54	553	H	25/10/15	Team Luton Autumn Short Course Meet	Luton		3
4:22.92	526	H	28/10/12	Flitwick Dolphins Open Meet	Flitwick	Team Luton	3
4:23.15	524	F	08/02/15	15th City of Southampton Open Meet	Southampton	Team Luton	2
4:23.38	523	F	19/01/14	Biggleswade SC 15th Open Meet	Biggleswade	Team Luton	3
4:25.87	508	H	02/12/12	ASA East Region Winter Championships	Cambridge	Team Luton	2
4:26.20	506	H	27/10/13	Flitwick Dolphins SC Open Meet	Biggleswade	Team Luton	3
4:26.67	504	H	10/03/12	Bedfordshire County Championships	Biggleswade	Team Luton	2
4:31.18	479	H	30/06/12	Team Luton Club Championships	Luton	Team Luton	4
4:32.43	472	F	22/01/12	Biggleswade Open Meet	Biggleswade	Team Luton	3
4:38.61	442	H	14/01/12	Team Luton 200 & 400 Development Meet	Luton	Team Luton	4
4:45.48	410	H	17/04/11	Team Luton Open Meet	London	Team Luton	2
4:48.97	396	H	07/05/11	Team Luton Club Championships	Hitchin	Team Luton	4
4:51.90	384	H	19/03/11	Bedfordshire County Championships	Biggleswade	Team Luton	2
4:56.57	366	F	23/01/11	Maxwell January Meet	Aylesbury	Team Luton	2
5:02.61	345	H	10/04/10	Luton Short Course Meet	Barnet	Team Luton	2
5:07.52	328	H	20/03/10	Bedfordshire Champs	Biggleswade	Team Luton	2
5:08.90	324		22/11/09	Milton Keynes 502400 Open	Milton Keynes	Team Luton	2
5:12.74	312		24/01/10	Biggleswade 11th Open	Biggleswade	Team Luton	3
5:26.62	274	H	28/03/09	Bedfordshire Champs	Biggleswade	Team Luton	2
5:31.42	262	H	18/04/09	Luton Short Course Open	Barnet	Team Luton	2
5:36.35	251		25/01/09	Biggleswade Open Meet	Biggleswade	Team Luton	2
5:45.00	231		05/07/09	CMK End of Season Meet	Milton Keynes	Team Luton	2

3:43.90	231		05/07/08	CMK End of Season Meet	Milton Keynes	Team Luton	3
5:59.10	206		26/01/08	Biggleswade Open Meet	Biggleswade	Team Luton	2
6:02.06	201	H	15/03/08	Beds County Championships	Biggleswade	Team Luton	2
6:11.27	186		17/11/07	Milton Keynes November	Milton Keynes	Team Luton	2
6:22.29	171	H	24/03/07	Bedfordshire Champs	Biggleswade	Team Luton	2
6:25.75	166		30/06/07	City of Milton Keynes	Stantonbury	Team Luton	3

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