

# Individual Best Times (All Time)

Ryan Crouch - (320086) - Team Ipswich Swimming - 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
4:29.15	490	H	24/03/12	National Disability Youth Championships	Sheffield	teamipswich	2
4:30.68	482	H	20/11/10	DSE National Short Course	Sheffield	teamipswich	2
4:30.95	480	H	26/02/11	National Disability Youth Championships	Sheffield	teamipswich	2
4:31.54	477	H	06/03/10	DSE National Jun Champs	Sheffield	teamipswich	2
4:31.63	477	H	17/07/10	Swim Wales Disability	Llandudno	teamipswich	2
4:32.65	471		20/03/11	Suffolk County Championships	Ipswich	teamipswich	2
4:33.89	465	H	21/11/09	DSE Open SC 2009	Sheffield	teamipswich	2
4:35.50	457	H	07/03/09	DSE National Jun SC Champ	Sheffield	teamipswich	1
4:37.45	447		21/03/10	Suffolk County Champs	Ipswich	teamipswich	2
4:37.80	446	H	07/02/09	East Region Disability	Braintree	teamipswich	3
4:39.81	436	H	01/11/08	DSE National Short Course Mt	Sheffield	teamipswich	2
4:40.07	435	H	24/01/10	teamipswich 11th Open Meet	Ipswich	teamipswich	2
4:41.19	430	F	14/08/15	CPISRA World Games	Nottingham		2
4:42.25	425		22/03/09	Suffolk County Champs	Ipswich	teamipswich	2
4:42.38	424	H	06/12/09	East Region Disability	Thetford	teamipswich	3
4:45.89	409	H	01/03/08	DSE National Junior Champs	Sheffield	teamipswich	2
4:46.65	405	H	03/11/07	DSE Open Short Course 2007	Sheffield	teamipswich	2
4:49.56	393	H	20/01/08	Team Ipswich Open Meet	Ipswich	teamipswich	2
4:54.90	372	H	25/05/14	8th ASA East Region Disability Swimming Champs	newmarket		2
4:56.45	367	H	14/08/15	CPISRA World Games	Nottingham		2
5:04.64	338	H	03/03/07	DSE National Junior Champ	Sheffield	teamipswich	1
5:05.89	334	H	20/01/07	teamipswich 8th Open Meet	Ipswich	teamipswich	2
5:07.68	328	H	18/03/07	Suffolk County Champs	Ipswich	teamipswich	2
5:08.20	326	H	05/10/14	London Region Disability Swimming Champs	London		3
5:19.83	292	H	04/11/06	DSE National SC Champs	Sheffield	teamipswich	1
5:36.20	251	H	25/03/18	ASA East Region Para Swimming Meet 2018	Newmarket	teamipswich	3

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:36.20	251	H	25/03/18	ASA East Region Para Swimming Meet 2018	Newmarket	teamipswich	3
4:41.19	430	F	14/08/15	CPISRA World Games	Nottingham		2
4:56.45	367	H	14/08/15	CPISRA World Games	Nottingham		2
5:08.20	326	H	05/10/14	London Region Disability Swimming Champs	London		3
4:54.90	372	H	25/05/14	8th ASA East Region Disability Swimming Champs	newmarket		2
4:29.15	490	H	24/03/12	National Disability Youth Championships	Sheffield	teamipswich	2
4:32.65	471		20/03/11	Suffolk County Championships	Ipswich	teamipswich	2
4:30.95	480	H	26/02/11	National Disability Youth Championships	Sheffield	teamipswich	2
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