

# Individual Best Times (All Time)

Ben Roberts - (324497) - Black Country n Potteries Master - 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
4:00.67	685	H	17/12/15	ASA Winter Meet	Sheffield	Wolv'hampton	2
4:01.02	682	H	31/10/15	Chase 12th Roebuck Open Meet	Wolverhampton		2
4:02.00	674	H	19/07/14	Wolverhampton SC Open Meet	Wolverhampton		3
4:02.00	674	H	28/02/16	Staffordshire County Championships 2016	Stafford	Wolv'hampton	2
4:02.98	666	H	01/11/14	Chase Open Meet 2014	Wolverhampton		2
4:04.73	652	H	07/12/14	Midland Short Course Championships	Rugby		2
4:05.91	643	H	17/03/13	Staffordshire County Championships	Stafford	Wolv'hampton	2
4:10.08	611	H	01/12/12	Midland Winter Championships 2012	Corby	Wolv'hampton	2
4:12.60	593	H	03/11/12	Chase SC 19th Roebuck Open Meet 2012	Wolverhampton	Wolv'hampton	2
4:13.05	590	H	18/03/12	Staffordshire County Championships	Stafford	Wolv'hampton	2
4:20.95	538	H	22/10/11	Chase Roebuck 8th Open Meet	Wolverhampton	Wolv'hampton	2
4:20.98	537	H	20/03/11	Staffordshire County Championships	Wolverhampton	Wolv'hampton	2
4:28.35	494	H	23/10/10	Chase Roebuck Open Meet	Stafford	Wolv'hampton	2
4:35.00	459	H	05/12/09	Stafford Apex Distance	Stafford	Wolv'hampton	2
4:35.67	456	H	23/01/10	Brierley Hill Open Meet	Wolverhampton	Wolv'hampton	2
4:36.12	454	H	21/03/10	Staffordshire County Champ	Wolverhampton	Wolv'hampton	2
4:38.39	443	H	22/03/09	Staffordshire County Chmp	Wolverhampton	Wolv'hampton	2
4:40.98	431	H	24/10/09	Chase Roe Buck Open Meet	Wolverhampton	Wolv'hampton	2
4:50.06	391	H	07/12/08	Stafford Apex Long Dist	Stafford	Wolv'hampton	2
4:54.13	375	H	25/10/08	Chase Roe Buck 2008 Meet	Wolverhampton	Wolv'hampton	2
5:04.81	337	H	16/03/08	Staffordshire County Chmp	Wolverhampton	Wolv'hampton	2
5:18.77	295	H	27/10/07	Chase Roebuck Open	Wolverhampton	Wolv'hampton	2

## Swims in Date Order

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4:01.02	682	H	31/10/15	Chase 12th Roebuck Open Meet	Wolverhampton		2
4:04.73	652	H	07/12/14	Midland Short Course Championships	Rugby		2
4:02.98	666	H	01/11/14	Chase Open Meet 2014	Wolverhampton		2
4:02.00	674	H	19/07/14	Wolverhampton SC Open Meet	Wolverhampton		3
4:05.91	643	H	17/03/13	Staffordshire County Championships	Stafford	Wolv'hampton	2
4:10.08	611	H	01/12/12	Midland Winter Championships 2012	Corby	Wolv'hampton	2
4:12.60	593	H	03/11/12	Chase SC 19th Roebuck Open Meet 2012	Wolverhampton	Wolv'hampton	2
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