

Individual Best Times (All Time)

Ryan Compton - (356157) - Putteridge 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
4:18.89	551	H	17/03/13	Bedfordshire County Championships	Luton	Team Luton	2
4:19.14	549	H	23/03/14	Bedfordshire Age Group & County Champs	Luton	Team Luton	2
4:21.01	537	H	12/05/12	Mid Beds Open Meet	Biggleswade	Team Luton	2
4:21.67	533	H	10/03/12	Bedfordshire County Championships	Biggleswade	Team Luton	2
4:25.30	512	H	30/06/12	Team Luton Club Championships	Luton	Team Luton	4
4:25.94	508	H	02/12/12	ASA East Region Winter Championships	Cambridge	Team Luton	2
4:26.94	502	F	20/01/13	Biggleswade SC 14th Open meet	Biggleswade	Team Luton	3
4:30.15	484	H	02/06/13	Team Luton SC Club Championships Round 2	Luton	Team Luton	4
4:34.70	461	H	19/03/11	Bedfordshire County Championships	Biggleswade	Team Luton	2
4:37.21	448	H	07/05/11	Team Luton Club Championships	Hitchin	Team Luton	4
5:07.62	328	H	10/04/10	Luton Short Course Meet	Barnet	Team Luton	2
5:08.33	326	H	20/03/10	Bedfordshire Champs	Biggleswade	Team Luton	2
5:19.33	293		24/01/10	Biggleswade 11th Open	Biggleswade	Team Luton	3
5:43.38	236	H	28/03/09	Bedfordshire Champs	Biggleswade	Team Luton	2
6:36.71	153	H	15/03/08	Beds County Championships	Biggleswade	Team Luton	2
6:39.19	150		26/01/08	Biggleswade Open Meet	Biggleswade	Team Luton	2
6:47.97	140		17/11/07	Milton Keynes November	Milton Keynes	Team Luton	2

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