

Individual Best Times (All Time)

Ryan Sykes - (371207) - West Norfolk 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
4:17.86	557	H	21/02/15	Norfolk County Championships	Wymondham	West Norfolk	2
4:18.25	555	F	19/04/15	Newmarket & District Seventh Open Meet	Newmarket		3
4:20.51	540	F	03/10/15	UEA City of Norwich SC Halloween Howler 2015	Norwich		2
4:21.67	533	H	07/11/15	ASA East Region Winter Championships 2015	Luton	West Norfolk	2
4:21.76	533	F	05/10/14	Dereham Icenl Level 3 Open Meet	Dereham	West Norfolk	3
4:21.87	532	H	12/07/15	West Norfolk SC Club Championships 2015	Downham	West Norfolk	4
4:22.07	531	H	22/02/14	Norfolk County Champs & AG Comp	Wymondham	West Norfolk	2
4:22.16	530	H	07/12/14	ASA East Region Winter Championships	Luton	West Norfolk	2
4:23.67	521	F	06/04/14	Newmarket & District Sixth Open Meet	Newmarket	West Norfolk	3
4:24.56	516	H	21/11/15	Golden Eagle Meet 2015	Bletchley	West Norfolk	2
4:27.57	499	F	02/11/13	Teamipswich Swimming November Open Meet	Ipswich	West Norfolk	3
4:28.03	496	F	29/09/13	Dereham & District ASC ICENI	Dereham	West Norfolk	3
4:29.09	490	F	20/12/13	City of Peterborough Winter Open Meet	Peterborough	West Norfolk	3
4:29.98	485	F	18/01/14	Teamipswich January Last Chance Meet	Ipswich	West Norfolk	3
4:30.27	484	H	12/05/13	Braintree & Bocking Spring Festival Meet	Braintree	West Norfolk	3
4:30.69	482	H	09/02/13	Norfolk County ASA Champs & Age Group	Wymondham	West Norfolk	2
4:31.49	477	H	23/01/16	Norfolk County Championships 2016	Wymondham	West Norfolk	2
4:35.94	455	H	11/07/16	West Norfolk Club Championships (round 1) 2016	Kings Lynn	West Norfolk	4
4:35.98	454	H	13/01/13	Cambridge 2013 January Open Meet	Cambridge	West Norfolk	2
4:42.32	424	F	05/04/13	City of Peterborough Licensed Open	Peterborough	West Norfolk	2
4:46.07	408	H	10/07/17	West Norfolk Club Championships 2017	Kings Lynn		4
4:50.11	391		13/04/12	City Of Leicester 2012 Age Group Meet	Braunstone	West Norfolk	2
4:53.42	378	H	04/03/12	Norfolk County Championships	Thetford	West Norfolk	2
5:33.61	257	H	16/07/22	West Norfolk SC Club Championships 2022	Kings Lynn	West Norfolk	4
7:00.95	128	H	11/03/07	Norfolk County Champs	Thetford	West Norfolk	2

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