

Individual Best Times (All Time)

Benjamin Whitbourn - (393080) - Dereham & District 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 |
|---------|--------|-------|----------|---|-----------|-----------------|-------|
| 4:28.44 | 494 | F | 08/07/14 | Dereham & District Roger Virgo Distance Event | Dereham | Dereham | 4 |
| 4:29.03 | 491 | F | 15/11/13 | Dereham Annual Gala | Dereham | Dereham | 4 |
| 5:30.34 | 265 | H | 09/03/08 | Norfolk County Champs | Thetford | Dereham | 2 |
| 5:42.06 | 238 | H | 19/01/08 | Cambridge 2008 SC Meet | Cambridge | Dereham | 2 |
| 5:57.75 | 208 | H | 11/03/07 | Norfolk County Champs | Thetford | Dereham | 2 |

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