

# Individual Best Times (All Time)

Jacob Greenow - (399355) - Bradford-On-Avon ASC - 400 Individual Medley - 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
4:07.99	848	F	05/12/21	Swim England National Winter Championships (25m)	Sheffield	Bath Univ	2
4:10.89	819	F	16/12/18	SE Winter Championships 2018	Sheffield	Bath Univ	2
4:11.99	809	F	21/11/21	Team Bath AS November TYR Super Series	Millfield		2
4:12.77	801	F	20/10/18	Millfield School & Street SC TYR	Millfield School	Bath Univ	2
4:13.16	797	F	16/12/16	ASA Winter Meet 2016	Sheffield	TauntonDeane	2
4:13.23	797	H	11/11/17	BUCS Short Course Swimming Championships	Sheffield		2
4:15.97	771	F	18/12/15	ASA Winter Meet	Sheffield	TauntonDeane	2
4:16.11	770	F	17/10/21	Team Bath AS TYR Super Series	Millfield		2
4:16.60	766	H	16/11/19	BUCS Short Course Swimming Championships 2019	Sheffield		2
4:16.68	765	F	20/10/19	Millfield & Team Bath Super Series L2 SC Meet	Millfield	Bath Univ	2
4:17.12	761	H	16/12/18	SE Winter Championships 2018	Sheffield	Bath Univ	2
4:17.37	759	H	05/12/21	Swim England National Winter Championships (25m)	Sheffield	Bath Univ	2
4:19.10	744	H	16/12/16	ASA Winter Meet 2016	Sheffield	TauntonDeane	2
4:20.72	730	F	30/10/16	Millfield & Taunton Super Series	Millfield	TauntonDeane	2
4:21.03	727	H	18/12/15	ASA Winter Meet	Sheffield	TauntonDeane	2
4:23.83	704	F	01/11/15	Millfield & Taunton Super Series	Millfield	TauntonDeane	2
4:24.86	696	F	08/03/15	Somerset ASA Championships	Millfield	TauntonDeane	2
4:27.13	679	H	07/11/15	ASA South West Short Course Championships	Millfield		2
4:27.81	674	F	16/03/14	Somerset County Championships	Millfield	TauntonDeane	2
4:30.69	652	H	06/12/14	ASA South West Region Short Course Champs	Millfield		2
4:31.28	648		29/11/14	Swin Bournemouth 6th Christmas Open Meet	Bournemouth	TauntonDeane	2
4:34.31	627	H	07/12/13	ASA SWR Short Course Championships	Millfield	TauntonDeane	2
4:35.94	616	F	19/10/13	Great Gwent Fast Water Meet level 2	Newport	TauntonDeane	2
4:39.31	594	F	17/11/13	Millfield & Taunton Deane L2 Meet	Millfield	TauntonDeane	2
4:44.14	564	F	03/03/13	Somerset County Championships	Millfield	TauntonDeane	2
4:53.97	509	H	01/12/12	ASA South West Regional Championships	Street	TauntonDeane	2
5:10.00	424	F	04/03/10	Somerset County Championships	Millfield	TauntonDeane	2

5:10.02	434	F	04/03/12	Somerset County Championships	Millfield	TauntonDeane	2
5:11.06	430		22/10/11	Greater Gwent Fast Water Open Meet	Newport	TauntonDeane	4
5:17.16	405		06/03/11	Somerset County Championships	Millfield	TauntonDeane	2
5:32.47	352		23/10/10	Greater Gwent Open Water	Newport	TauntonDeane	1
5:51.79	297		24/10/09	Greater Gwent Fast Water	Newport	TauntonDeane	2
5:57.83	282		24/05/09	Guildford City Warm Up	Guildford	TauntonDeane	2

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:07.99	848	F	05/12/21	Swim England National Winter Championships (25m)	Sheffield	Bath Univ	2
4:17.37	759	H	05/12/21	Swim England National Winter Championships (25m)	Sheffield	Bath Univ	2
4:11.99	809	F	21/11/21	Team Bath AS November TYR Super Series	Millfield		2
4:16.11	770	F	17/10/21	Team Bath AS TYR Super Series	Millfield		2
4:16.60	766	H	16/11/19	BUCS Short Course Swimming Championships 2019	Sheffield		2
4:16.68	765	F	20/10/19	Millfield & Team Bath Super Series L2 SC Meet	Millfield	Bath Univ	2
4:10.89	819	F	16/12/18	SE Winter Championships 2018	Sheffield	Bath Univ	2
4:17.12	761	H	16/12/18	SE Winter Championships 2018	Sheffield	Bath Univ	2
4:12.77	801	F	20/10/18	Millfield School & Street SC TYR	Millfield School	Bath Univ	2
4:13.23	797	H	11/11/17	BUCS Short Course Swimming Championships	Sheffield		2
4:13.16	797	F	16/12/16	ASA Winter Meet 2016	Sheffield	TauntonDeane	2
4:19.10	744	H	16/12/16	ASA Winter Meet 2016	Sheffield	TauntonDeane	2
4:20.72	730	F	30/10/16	Millfield & Taunton Super Series	Millfield	TauntonDeane	2
4:15.97	771	F	18/12/15	ASA Winter Meet	Sheffield	TauntonDeane	2
4:21.03	727	H	18/12/15	ASA Winter Meet	Sheffield	TauntonDeane	2
4:27.13	679	H	07/11/15	ASA South West Short Course Championships	Millfield		2
4:23.83	704	F	01/11/15	Millfield & Taunton Super Series	Millfield	TauntonDeane	2
4:24.86	696	F	08/03/15	Somerset ASA Championships	Millfield	TauntonDeane	2
4:30.69	652	H	06/12/14	ASA South West Region Short Course Champs	Millfield		2
4:31.28	648		29/11/14	Swin Bournemouth 6th Christmas Open Meet	Bournemouth	TauntonDeane	2
4:27.81	674	F	16/03/14	Somerset County Championships	Millfield	TauntonDeane	2
4:34.31	627	H	07/12/13	ASA SWR Short Course Championships	Millfield	TauntonDeane	2
4:39.31	594	F	17/11/13	Millfield & Taunton Deane L2 Meet	Millfield	TauntonDeane	2
4:35.94	616	F	19/10/13	Great Gwent Fast Water Meet level 2	Newport	TauntonDeane	2
4:44.14	564	F	03/03/13	Somerset County Championships	Millfield	TauntonDeane	2
4:53.97	509	H	01/12/12	ASA South West Regional Championships	Street	TauntonDeane	2
5:10.02	434	F	04/03/12	Somerset County Championships	Millfield	TauntonDeane	2
5:11.06	430		22/10/11	Greater Gwent Fast Water Open Meet	Newport	TauntonDeane	4
5:17.16	405		06/03/11	Somerset County Championships	Millfield	TauntonDeane	2
5:32.47	352		23/10/10	Greater Gwent Open Water	Newport	TauntonDeane	1
5:51.79	297		24/10/09	Greater Gwent Fast Water	Newport	TauntonDeane	2
5:57.83	282		24/05/09	Guildford City Warm Up	Guildford	TauntonDeane	2