

Individual Best Times (All Time)

Adam-James Lamb - (400028) - Chase 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
4:20.31	542	H	17/03/13	Staffordshire County Championships	Stafford	Chase	2
4:25.67	509	H	02/11/13	Chase SC Roebuck Open Meet	Wolverhampton	Chase	2
4:26.96	502	H	22/10/11	Chase Roebuck 8th Open Meet	Wolverhampton	Chase	2
4:28.45	494	H	20/03/11	Staffordshire County Championships	Wolverhampton	Chase	2
4:29.15	490	H	18/03/12	Staffordshire County Championships	Stafford	Chase	2
4:32.43	472	H	07/05/11	COSACSS Y2K 2011	Stoke-On-Trent	Chase	2
4:38.83	441	H	23/10/10	Chase Roebuck Open Meet	Stafford	Chase	2
4:47.29	403	H	21/03/10	Staffordshire County Champ	Wolverhampton	Chase	2
5:01.52	348	H	05/12/09	Stafford Apex Distance	Stafford	Chase	2

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:25.67	509	H	02/11/13	Chase SC Roebuck Open Meet	Wolverhampton	Chase	2
4:20.31	542	H	17/03/13	Staffordshire County Championships	Stafford	Chase	2
4:29.15	490	H	18/03/12	Staffordshire County Championships	Stafford	Chase	2
4:26.96	502	H	22/10/11	Chase Roebuck 8th Open Meet	Wolverhampton	Chase	2
4:32.43	472	H	07/05/11	COSACSS Y2K 2011	Stoke-On-Trent	Chase	2
4:28.45	494	H	20/03/11	Staffordshire County Championships	Wolverhampton	Chase	2
4:38.83	441	H	23/10/10	Chase Roebuck Open Meet	Stafford	Chase	2
4:47.29	403	H	21/03/10	Staffordshire County Champ	Wolverhampton	Chase	2
5:01.52	348	H	05/12/09	Stafford Apex Distance	Stafford	Chase	2