Individual Best Times (All Time)

Kyriacos Papa-Adams - (413811) - Thanet Swim Club - 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 |
|---------|--------|-------|----------|---|------------|-----------------|-------|
| 4:29.75 | 659 | Н | 02/03/14 | BG Kent ASA Swimming Championships | Gillingham | Thanet Swim | 2 |
| 4:30.00 | 657 | Н | 22/02/15 | 2015 Kent County Swimming Championships | Gillingham | Thanet Swim | 2 |
| 4:31.78 | 644 | Н | 06/12/14 | ASA South East Region Championships | Portsmouth | Thanet Swim | 2 |
| 4:36.24 | 614 | Н | 10/03/12 | Kent County Championships | Gillingham | Thanet Swim | 2 |
| 4:36.28 | 613 | Н | 18/12/15 | ASA Winter Meet | Sheffield | Thanet Swim | 2 |
| 4:37.55 | 605 | Н | 15/07/14 | Thanet SC Club Championships | Hartsdown | Thanet Swim | 4 |
| 4:38.24 | 601 | Н | 02/10/11 | East Invicta Championships | Canterbury | Thanet Swim | 2 |
| 4:42.16 | 576 | F | 27/11/11 | Guildford City County Qualifier Meet | Guildford | Thanet Swim | 2 |
| 4:42.93 | 571 | Н | 07/10/12 | East Invicta Annual Championships | Canterbury | Thanet Swim | 3 |
| 4:48.14 | 541 | Н | 20/02/11 | Kent County Championships | Gillingham | Thanet Swim | 2 |
| 4:48.29 | 540 | Н | 19/09/12 | Thanet Club Championships | Thanet | Thanet Swim | 4 |
| 4:53.13 | 514 | Н | 04/12/10 | Thanet Winter 200 Open | Canterbury | Thanet Swim | 2 |
| 4:57.66 | 490 | Н | 03/10/10 | East Invicta 2010 Champs | Canterbury | Thanet Swim | 2 |
| 5:09.03 | 438 | Н | 14/02/10 | Kent County Championship | Gillingham | Thanet Swim | 2 |
| 5:14.33 | 416 | Н | 05/12/09 | Thanet SC Winter Meet | Canterbury | Thanet Swim | 2 |
| 5:15.20 | 413 | Н | 10/01/10 | Ice Breaker 2010 | Canterbury | Thanet Swim | 2 |
| 5:15.95 | 410 | Н | 04/10/09 | East Invicta 2009 Champs | Canterbury | Thanet Swim | 2 |
| 5:41.54 | 324 | Н | 10/01/09 | Icebreaker Meet | Canterbury | Thanet Swim | 1 |
| 5:46.01 | 312 | Н | 09/03/08 | Kent County Champs | Gillingham | Thanet Swim | 2 |
| 5:51.06 | 299 | Н | 06/12/08 | Thanet Winter Open Meet | Canterbury | Thanet Swim | 2 |
| 5:56.48 | 285 | Н | 05/01/08 | Icebreaker | Canterbury | Thanet Swim | 1 |
| 5:59.19 | 279 | Н | 14/10/07 | East Invicta Champs | Canterbury | Thanet Swim | 2 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------|--------|-------|----------|-----------------|-----------|-----------------|-------|
| 4:36.28 | 613 | Н | 18/12/15 | ASA Winter Meet | Sheffield | Thanet Swim | 2 |

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|---------|-----|---|----------|---|------------|-------------|------------|
| 4:30.00 | 657 | Н | 22/02/15 | 2015 Kent County Swimming Championships | Gillingham | Thanet Swim | 2 |
| 4:31.78 | 644 | Н | 06/12/14 | ASA South East Region Championships | Portsmouth | Thanet Swim | 2 |
| 4:37.55 | 605 | Н | 15/07/14 | Thanet SC Club Championships | Hartsdown | Thanet Swim | 4 |
| 4:29.75 | 659 | Н | 02/03/14 | BG Kent ASA Swimming Championships | Gillingham | Thanet Swim | 2 |
| 4:42.93 | 571 | Н | 07/10/12 | East Invicta Annual Championships | Canterbury | Thanet Swim | 3 |
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