

Individual Best Times (All Time)

Ben Leighton - (448100) - Carlisle Aquatics - 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
4:59.20	483	H	15/03/14	Cumbria County Championships	Whitehaven	Carlisle Aq	2
5:04.87	456	H	25/01/14	2014 Cumbria Winter Meet	Whitehaven	Carlisle Aq	3
5:05.05	456	H	14/03/15	2015 Cumbria Age Groups & County Championships	Whitehaven		2
5:08.36	441	H	13/09/14	Workington ASC 5th Presidents Open Gala	Cumbria		3
5:08.79	439	H	07/09/13	Workington 4th Presidents Open Meet	Workington	Carlisle Aq	3
5:10.92	430	H	16/03/13	Cumbria County Championships	Whitehaven	Carlisle Aq	2
5:15.70	411	H	17/03/12	Cumbria Age Groups & County Championships	Whitehaven	Carlisle Aq	2
5:17.39	404	H	24/11/12	2012 Cumbrian Autumn Graded Series	Workington	Carlisle Aq	3
5:25.94	373	H	22/10/11	Harrogate Junior Meet	Harrogate	Carlisle Aq	2
5:26.56	371	H	19/11/11	Cumbria Autumn Graded Series	Whitehaven	Carlisle Aq	3
5:48.81	305	H	23/10/10	Harrogate Junior Open Meet	Harrogate	Carlisle Aq	2
5:49.60	302	H	19/03/11	Cumbria County Championships	Whitehaven	Carlisle Aq	2
6:00.34	276	H	06/03/10	Cumbria County Champs	Kendal	Carlisle Aq	2
6:17.38	240	H	24/10/09	Harrogate Junior Meet	Harrogate	Carlisle Aq	2

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