

Individual Best Times (All Time)

Ben Leighton - (448100) - Carlisle Aquatics - 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
4:18.69	552	H	14/03/15	2015 Cumbria Age Groups & County Championships	Whitehaven		2
4:19.13	549	H	15/03/14	Cumbria County Championships	Whitehaven	Carlisle Aq	2
4:20.82	538	F	30/11/13	Dumfries Advent Open Meet	Dumfries	Carlisle Aq	2
4:21.30	535	H	07/09/13	Workington 4th Presidents Open Meet	Workington	Carlisle Aq	3
4:22.47	528	H	24/11/13	Carlisle Aquatics Club Championships	Carlisle	Carlisle Aq	4
4:22.88	526	H	16/03/13	Cumbria County Championships	Whitehaven	Carlisle Aq	2
4:24.67	515	H	13/09/14	Workington ASC 5th Presidents Open Gala	Cumbria		3
4:29.35	489	H	18/11/12	North Lancs Inter Association Meet	Blackpool	Carlisle Aq	2
4:31.69	476	H	22/09/12	Cumbrian 2012 Inter Association Qualifier	Carlisle	Carlisle Aq	3
4:36.11	454	H	24/03/12	Cumbria Age Groups & County Champs	Kendal	Carlisle Aq	2
4:45.46	411	F	28/05/11	North Midlands District Inter Assoc Gala	Macclesfield	Carlisle Aq	2
4:46.35	407	H	23/10/11	Harrogate Junior Meet	Harrogate	Carlisle Aq	2
5:00.16	353	H	30/04/11	City of Salford Spring Meet	Salford	Carlisle Aq	3
5:01.32	349	H	26/03/11	Cumbria County Championships	Kendal	Carlisle Aq	2
5:01.89	347	H	24/10/10	Harrogate Junior Open Meet	Harrogate	Carlisle Aq	2
5:04.17	339	F	12/09/10	Haddington 100's	Prestonpans	Carlisle Aq	2
5:06.74	331	H	29/05/10	North West Inter Ass 2010	Bury	Carlisle Aq	2
5:10.97	317	H	13/03/10	Cumbria County Champs	Whitehaven	Carlisle Aq	2
5:20.80	289	H	06/12/09	Wear Valley Christmas Mt	Bishop Auckland	Carlisle Aq	3
5:22.76	284	H	25/10/09	Harrogate Junior Meet	Harrogate	Carlisle Aq	2
5:47.13	228	H	23/05/09	N West Inter Assoc Champs	Salford	Carlisle Aq	2
5:51.21	220	H	21/03/09	Cumbria County Champs	Kendal	Carlisle Aq	2
6:31.00	159	H	11/01/09	Newburn New Year Graded Mt	Newcastle upon Tyne	Carlisle Aq	3

Swims in Date Order

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