

Individual Best Times (All Time)

Nathan Wells - (451158) - West Norfolk Swimming 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
4:19.06	744	F	06/12/19	Swim England National Winter Championships (25m)	Sheffield	Lboro Uni	2
4:20.57	731	F	16/12/18	SE Winter Championships 2018	Sheffield	Lboro Uni	2
4:20.57	731	H	06/12/19	Swim England National Winter Championships (25m)	Sheffield	Lboro Uni	2
4:22.13	718	H	16/12/18	SE Winter Championships 2018	Sheffield	Lboro Uni	2
4:23.44	708	H	05/12/21	Swim England National Winter Championships (25m)	Sheffield	West Norfolk	2
4:25.81	689	F	19/10/19	Manchester International Meet 2019	Manchester	Lboro Uni	2
4:26.05	687	H	03/11/19	Swim England East Region Short Course Champs 2019	Basildon	West Norfolk	2
4:26.19	686	H	02/12/22	National Winter Championships 2022	Sheffield	West Norfolk	2
4:26.71	682	H	24/06/18	Hatfield Summer Meet 2018	Herts Sports Village	West Norfolk	2
4:26.91	680	H	18/12/15	ASA Winter Meet	Sheffield	West Norfolk	2
4:27.86	673	H	15/07/17	West Norfolk Club Championships 2017	Kings Lynn	West Norfolk	4
4:28.06	672	H	18/11/18	Stockport Metro November Short Course Open Meet	Stockport	Lboro Uni	2
4:28.37	669	H	15/12/23	Swim England Winter Championships 2023	Sheffield	West Norfolk	2
4:28.38	669	F	22/10/16	Manchester International 2016	Manchester	Lboro Uni	2
4:28.39	669	F	18/12/15	ASA Winter Meet	Sheffield	West Norfolk	2
4:28.70	667	H	06/11/16	East Swimming 2016 SC Championships	Luton	West Norfolk	2
4:28.82	666	H	07/11/21	SE East Region Short Course Championships	Luton	West Norfolk	2
4:29.02	664	F	20/10/18	Manchester International Swim Meet (MISM) 2018	Manchester	Lboro Uni	2
4:29.30	662	H	04/11/18	Swim England East Region Short Course Championship	Luton	West Norfolk	2
4:29.39	662	H	22/10/16	Manchester International 2016	Manchester	Lboro Uni	2
4:30.05	657	H	21/07/18	West Norfolk Club Championships 2018	St James Pool	West Norfolk	4
4:30.72	652	H	20/10/18	Manchester International Swim Meet (MISM) 2018	Manchester	Lboro Uni	2
4:31.18	649	H	06/11/22	SE East Region Short Course Championships 2022	Luton	West Norfolk	2
4:32.44	640	H	24/09/22	Norwich Swan No Frills Season Starter	UEA Sportspark	West Norfolk	3
4:32.55	639	H	20/02/16	Norfolk County Championships 2016	Thetford	West Norfolk	2
4:32.91	636	H	07/03/15	Norfolk County Championships	Thetford	West Norfolk	2
4:33.18	635	H	07/03/15	Basildon & Bognor Regis Short Course Open Meet	Basildon	West Norfolk	2

4:33.12	653	H	27/09/19	Basilton & Fenwick Season Opener Meet	Basilton	West Norfolk	2
4:34.54	625	H	19/10/19	Manchester International Meet 2019	Manchester	Lboro Uni	2
4:34.56	625	H	08/11/15	ASA East Region Winter Championships 2015	Luton	West Norfolk	2
4:35.73	617	H	08/03/14	Norfolk County Champs & AG Comp	Thetford	West Norfolk	2
4:35.75	617	H	05/11/23	SE East Region Short Course Championships 2023	Luton	West Norfolk	2
4:36.15	614	H	03/07/16	West Norfolk Club Championships (round 1) 2016	Kings Lynn	West Norfolk	4
4:36.37	613	H	25/06/23	Hatfield SC Summer Meet 2023	Hatfield	West Norfolk	2
4:37.42	606	H	07/12/14	ASA East Region Winter Championships	Luton	West Norfolk	2
4:37.95	602	F	18/04/15	Newmarket & District Seventh Open Meet	Newmarket		3
4:38.16	601	H	15/07/22	West Norfolk SC Club Championships 2022	Kings Lynn	West Norfolk	4
4:38.83	597	H	29/06/19	WNCS Club Championships 2019	Downham Market	West Norfolk	4
4:39.25	594	H	10/01/15	City of Cambridge Winter Open Short Course	Parkside	West Norfolk	2
4:39.46	593	F	20/03/16	Teamipswich March Open 2016	Ipswich	West Norfolk	3
4:39.78	591	H	22/11/15	Golden Eagle Meet 2015	Bletchley	West Norfolk	2
4:40.30	587	H	12/07/15	West Norfolk Club Championships 2015	Downham	West Norfolk	4
4:41.28	581	H	22/01/17	Norfolk ASA County Championships 2017	Norfolk	West Norfolk	2
4:43.02	571	H	14/07/23	West Norfolk Club Championships 2023	King's Lynn	West Norfolk	4
4:45.56	555	H	30/06/21	West Norfolk SC Club Champs 2021	Kings Lynn	West Norfolk	4
4:45.66	555	H	11/01/14	City of Cambridge Winter Meet	Cambridge	West Norfolk	2
4:46.43	550	F	03/11/13	Teamipswich Swimming November Open Meet	Ipswich	West Norfolk	3
4:47.95	542	F	05/04/13	City of Peterborough Licensed Open	Peterborough	West Norfolk	2
4:50.52	527	H	11/05/13	Braintree & Bocking Spring Festival Meet	Braintree	West Norfolk	3
4:50.96	525	H	09/03/13	Norfolk County Championships	Thetford	West Norfolk	2
4:55.02	504	H	01/12/12	ASA East Region Winter Championships	Cambridge	West Norfolk	2
4:57.21	493	H	12/01/13	Cambridge 2013 January Open Meet	Cambridge	West Norfolk	2
4:59.19	483	H	27/10/12	Teamipswich 14th Open Meet	Ipswich	West Norfolk	2
4:59.24	483	F	11/05/12	West Suffolk Open Meet	Bury St Edmunds	West Norfolk	3
5:02.10	469	H	10/03/12	Norfolk County Championships	Thetford	West Norfolk	2
5:04.99	456		13/04/12	City Of Leicester 2012 Age Group Meet	Braunstone	West Norfolk	2
5:25.70	374	F	06/05/11	West Suffolk Open Meet	Bury St Edmunds	West Norfolk	2
5:30.60	358		24/04/11	Newmarket 3rd Annual Open Meet	Newmarket	West Norfolk	3
5:39.20	331	H	12/03/11	Norfolk County Championships	Thetford	West Norfolk	2
5:58.33	281	H	13/03/10	Norfolk County Champs	Thetford	West Norfolk	2
6:04.42	267	H	08/01/11	teamipswich 12th Licensed Open Meet	Ipswich	West Norfolk	3

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