

Individual Best Times (All Time)

Thomas Holland - (456150) - Shrewsbury SC - 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
5:13.91	418	F	21/02/16	Shropshire ASA County Age Group Championships	Wolverhampton	Ellesmere Co	2
5:16.74	407	F	22/02/15	Shropshire County Age Group Championships	Wolverhampton	Ellesmere Co	2
5:18.11	402	H	15/11/14	Stafford Apex Open Meet	Stafford	Ellesmere Co	2
5:23.23	383	F	16/02/14	Shropshire ASA County Championships	Wolverhampton	Ellesmere Co	2
5:30.82	357	H	16/11/13	Stafford Apex Open Meet	Stafford	Ellesmere Co	2
5:46.37	311	F	26/05/13	Swim Conway Whitsun Meet	Llandudno	Ellesmere Co	2
5:54.51	290	F	17/02/13	Shropshire County Championships	Wolverhampton	Ellesmere Co	2
5:54.63	290	H	16/11/12	Stafford Apex Licensed Meet	Stafford	Ellesmere Co	2

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