

Individual Best Times (All Time)

Conor Harrold - (50650) - Basildon and Phoenix 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
4:36.08	615	H	27/03/11	Essex County Championships	Braintree	Basildon Ph	2
4:39.10	595	H	11/11/12	Thurrock SC Club Championships	Grays	Basildon Ph	4
4:39.10	595	F	11/11/12	Thurrock SC Club Championships	Grays	Basildon Ph	4
4:39.78	591	H	06/03/10	Essex County Champs	Braintree	Basildon Ph	2
4:42.13	576	H	06/11/10	East Region Winter Champs	Norwich	Basildon Ph	2
4:44.82	560	H	03/10/10	Thurrock Season Opener Meet	Thurrock	Basildon Ph	2
4:44.86	560	H	07/11/09	East Region Winter Champs	Norwich	Basildon Ph	2
4:49.92	531		23/05/09	Waltham Forest ODM Meet	Waltham Forest	Basildon Ph	1
4:50.97	525	H	09/12/09	Thurrock Club Champs	Grays	Basildon Ph	4
4:52.31	518	H	07/03/09	Essex County Champs	Braintree	Basildon Ph	2
4:55.21	503		19/11/08	Thurrock Club Champs	Grays	Basildon Ph	4
4:57.32	492		23/05/08	Olympic Development Mt	Waltham Forest	Basildon Ph	1
5:09.53	436	H	05/01/08	Icebreaker	Canterbury	Basildon Ph	1
5:09.68	435		01/12/07	Guildford City Meet	Guildford	Basildon Ph	1
5:14.08	417		08/12/07	Thurrock Club Champs	Grays	Basildon Ph	4
5:14.56	415		05/01/07	Dover & Canterbury Meet	Kingsmead	Basildon Ph	2
5:14.98	414	H	25/03/07	Essex County Champs D	Grays	Basildon Ph	2
5:20.97	391	H	03/12/06	Guildford Winter Open	Guildford	Basildon Ph	1
5:22.14	387	H	28/05/06	Waltham Forest Development	Waltham Forest	Basildon Ph	1
5:32.08	353	H	04/12/05	Guildford Open Meet	Guildford	Basildon Ph	1
5:34.78	345	H	29/05/05	Boro of Waltham Forest Olympic	Waltham Forest Pool	Basildon Ph	2
5:41.02	326	H	06/02/05	Essex County Championships	Enfield	Basildon Ph	2
5:49.75	302	H	22/01/05	City of Cambridge SC 2005 Meet	Cambridge	Basildon Ph	2
5:49.86	302	H	05/12/04	Guildford City Open Meet 2004	Guildford	Basildon Ph	2
6:04.43	267	H	30/05/04	Bo Waltham Forest Olympic Meet	Waltham Forest	Basildon Ph	2
6:21.65	232	H	06/12/03	Guildford City Meet	Guildford	Basildon Ph	2

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