

Individual Best Times (All Time)

Ben Trott - (515533) - Flitwick Dolphins SC - 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
4:54.79	373	H	24/11/12	Flitwick Dolphins Club Championships	Flitwick	Flitwick	4
4:57.75	362	H	29/11/14	Flitwick Dolphins Club Championships	Biggleswade		4
5:04.96	337	H	10/03/12	Bedfordshire County Championships	Biggleswade	Flitwick	2
5:14.63	307	H	23/10/11	Flitwick Dolphins Open Meet	Biggleswade	Flitwick	3
5:16.10	302	H	26/11/11	Flitwick Dolphins Club Championships	Biggleswade	Flitwick	4
5:20.25	291	H	19/03/11	Bedfordshire County Championships	Biggleswade	Flitwick	2
5:35.28	253		23/01/11	Biggleswade 12th Open Meet	Biggleswade	Flitwick	3
5:42.83	237	H	27/11/10	Flitwick Dolphins Club Championships	Various	Flitwick	4
6:44.87	144		26/04/09	City of Milton Keynes Mt	Milton Keynes	Flitwick	2

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