

Individual Best Times (All Time)

James Russen - (57578) - Norwich Swan 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
5:00.09	353	H	16/07/14	Norwich Swan SC Club Championships	Wymondham	Norwich Swan	4
5:04.07	340	H	13/03/11	Norfolk County Championships	Thetford	Norwich Swan	2
5:08.80	324	H	14/03/10	Norfolk County Champs	Thetford	Norwich Swan	2

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