

Individual Best Times (All Time)

Jorge Phenix-Coyne - (59632) - Arnold 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
4:38.36	600		13/04/12	City Of Leicester 2012 Age Group Meet	Braunstone	Arnold	2
4:38.50	599	H	13/02/11	Nottinghamshire County Championships	Nottingham	Arnold	2
4:40.38	587		15/04/11	City of Leicester Age Group Meet	Braunstone	Arnold	2
4:42.90	571	H	04/12/11	British Gas Midlands Winter Championships	Corby	Arnold	2
4:43.46	568	H	18/12/11	Nottinghamshire County Youth & Senior Gala	Nottingham	Arnold	2
4:50.14	530	H	07/11/10	BG Midland Winter Champs	Corby	Arnold	2
4:50.92	525	H	28/11/10	Stockport Metro Open Meet	Stockport	Arnold	2
4:52.00	519	H	14/02/10	Nottinghamshire County	Beechdale	Arnold	2
4:52.07	519		23/04/10	Leicester Age Groups	Braunstone	Arnold	2
4:58.78	485	H	15/02/09	Nottinghamshire Champs	Nottingham	Arnold	2
5:00.64	476	H	08/11/09	Midland SC Champs 2009	Corby	Arnold	2
5:01.11	474		16/05/09	Hatfield UK Challenge 2009	Herts Sports Village	Arnold	1
5:05.20	455		07/12/08	City of Leicester Distance	Leicester	Arnold	2
5:07.60	444	H	01/11/08	Midlands Winter Champs	Leicester	Arnold	1
5:08.55	440		25/04/08	City of Leicester Open	Braunstone	Arnold	2
5:14.50	416	H	10/02/08	Nottinghamshire Champs	Nottingham	Arnold	2
5:21.32	390		29/04/07	City of Leicester Open	Braunstone	Arnold	2
5:26.47	372	H	17/02/07	Nottinghamshire Champs	Mansfield	Arnold	2
6:43.47	197	H	24/04/05	Notts ASA Last Chance Meet	Nottingham	Arnold	2

Swims in Date Order

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4:38.36	600		13/04/12	City Of Leicester 2012 Age Group Meet	Braunstone	Arnold	2
4:43.46	568	H	18/12/11	Nottinghamshire County Youth & Senior Gala	Nottingham	Arnold	2
4:42.90	571	H	04/12/11	British Gas Midlands Winter Championships	Corby	Arnold	2
4:40.38	587		15/04/11	City of Leicester Age Group Meet	Braunstone	Arnold	2

4:38.50	599	H	13/02/11	Nottinghamshire County Championships	Nottingham	Arnold	2
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4:50.14	530	H	07/11/10	BG Midland Winter Champs	Corby	Arnold	2
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