

# Individual Best Times (All Time)

Jorge Phenix-Coyne - (59632) - Arnold 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
4:00.32	688	H	12/02/11	Nottinghamshire County Championships	Nottingham	Arnold	2
4:04.26	656		13/04/12	City Of Leicester 2012 Age Group Meet	Braunstone	Arnold	2
4:04.93	650		15/04/11	City of Leicester Age Group Meet	Braunstone	Arnold	2
4:07.72	629		23/04/10	Leicester Age Groups	Braunstone	Arnold	2
4:07.97	627	H	06/11/10	BG Midland Winter Champs	Corby	Arnold	2
4:08.78	621	H	17/12/11	Nottinghamshire County Youth & Senior Gala	Nottingham	Arnold	2
4:09.17	618	H	27/11/10	Stockport Metro Open Meet	Stockport	Arnold	2
4:14.84	577		21/11/10	Boldmere Open Meet	Birmingham	Arnold	2
4:16.54	566	H	03/12/11	British Gas Midlands Winter Championships	Corby	Arnold	2
4:19.41	547	H	07/11/09	Midland SC Champs 2009	Corby	Arnold	2
4:24.19	518		16/05/09	Hatfield UK Challenge 2009	Herts Sports Village	Arnold	1
4:24.67	515	H	14/02/09	Nottinghamshire Champs	Nottingham	Arnold	2
4:28.15	495	H	01/11/08	Midlands Winter Champs	Leicester	Arnold	1
4:31.70	476	H	29/09/13	Arnold SC Club Championships	Hucknall	Arnold	4
4:32.27	473	H	09/11/14	Arnold Club Championships	Hucknall		4
4:34.20	463	H	25/10/08	Chase Roe Buck 2008 Meet	Wolverhampton	Arnold	2
4:39.72	436	H	21/07/13	Nottinghamshire ASA Summer Gala 2013	Nottinghamshire	Arnold	3
4:40.31	434	H	09/02/08	Nottinghamshire Champs	Nottingham	Arnold	2
4:47.87	400	H	19/05/07	City of Stoke on Trent	Stoke	Arnold	2
5:11.06	317	H	04/03/06	Nottinghamshire Champs	Nottingham	Arnold	2

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