

Individual Best Times (All Time)

Rami Elias - (706933) - Windsor 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
4:49.83	531	H	26/11/15	Windsor SC Club Championships	Windsor		4
4:50.67	527	H	17/01/16	Berkshire & Sth Bucks 2016 County Championships	Maidenhead	Windsor	2
4:56.69	495	H	08/03/15	Berks & S Bucks ASA County & Age Group Champs	Maidenhead		2
4:56.92	494	H	18/10/15	Rushmoor Royals SC 12th Autumn Open Meet	Aldershot		2
5:01.56	472	H	18/01/15	Windsor Level 2 Open Meet	Maidenhead		2
5:07.29	446	H	07/11/13	Windsor Club Championships	Windsor	Windsor	4
5:37.05	338	H	16/12/12	Windsor Club Championships	Ascot	Windsor	4

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:50.67	527	H	17/01/16	Berkshire & Sth Bucks 2016 County Championships	Maidenhead	Windsor	2
4:49.83	531	H	26/11/15	Windsor SC Club Championships	Windsor		4
4:56.92	494	H	18/10/15	Rushmoor Royals SC 12th Autumn Open Meet	Aldershot		2
4:56.69	495	H	08/03/15	Berks & S Bucks ASA County & Age Group Champs	Maidenhead		2
5:01.56	472	H	18/01/15	Windsor Level 2 Open Meet	Maidenhead		2
5:07.29	446	H	07/11/13	Windsor Club Championships	Windsor	Windsor	4
5:37.05	338	H	16/12/12	Windsor Club Championships	Ascot	Windsor	4