

# Individual Best Times (All Time)

Louis Harwood - (715364) - Ellesmere Port 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
4:34.70	461	H	19/11/16	Stockport Metro November Open Meet	Stockport	Wirral Metro	2
4:36.16	454	H	21/01/17	Cheshire County Championships	Macclesfield	Wirral Metro	2
4:36.16	454	H	21/01/17	Cheshire County Championships	Macclesfield	Wirral Metro	2
4:44.16	416	H	20/01/18	CHESHIRE COUNTY CHAMPIONSHIPS 2018	Macclesfield	Wirral Metro	2
4:44.44	415	H	18/11/17	Stockport Metro November Meet 2017	Stockport	Wirral Metro	2
4:45.24	412	F	01/10/16	Wirral Metro Autumn Meet	Birkenhead	Wirral Metro	2
4:53.37	378	F	23/09/17	Wirral Metro Long Distance Time Trials	Birkenhead	Wirral Metro	4
5:18.77	295	F	03/10/15	Wirral Metro Autumn Open Meet	Birkenhead	Wirral Metro	2
5:20.92	289	H	18/04/15	Satellites of Macclesfield 28th Open Meet	Macclesfield	Wirral Metro	3
5:25.04	278	F	13/09/15	Wirral Metro Club Championships 2015	Birkenhead	Wirral Metro	4
5:40.74	241	F	21/12/14	Wirral Metro 2014 Level 3 Christmas Gala	Birkenhead	Wirral Metro	3
5:57.63	209	F	14/09/14	Wirral Metro 2014 Club Championships	Birkenhead	Wirral Metro	4
5:58.40	207	F	12/07/14	Wirral Metro Summer Open Meet	Birkenhead	Wirral Metro	3
6:13.73	183	H	11/01/14	Harrogate SC Janus Meet	Harrogate	Wirral Metro	3
6:35.64	154	F	15/09/13	Wirral Metro Club Championships 2013	Birkenhead	Wirral Metro	4

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