

# Individual Best Times (All Time)

Connor Houston - (721799) - Deben 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 |
|---------|--------|-------|----------|---|-----------------|-----------------|-------|
| 4:22.52 | 528    |       | 22/09/19 | Sudbury & District Michaelmas Two Day Open Meet   | Sudbury         | Deben           | 3     |
| 4:26.20 | 506    | H     | 13/02/22 | Swim England Suffolk County Championships 2022    | Ipswich         | Deben           | 2     |
| 4:27.57 | 499    | H     | 09/02/20 | Suffolk ASA County Championships 2019             | Ipswich         | Deben           | 2     |
| 4:31.90 | 475    |       | 06/01/19 | Sudbury & District January Last Chance Time Trial | Sudbury         | Deben           | 3     |
| 4:32.29 | 473    | H     | 24/02/19 | Suffolk County Championships 2019                 | Ipswich         | Deben           | 2     |
| 4:35.07 | 459    | F     | 20/10/18 | Deben Open Meet                                   | Ipswich         | Deben           | 3     |
| 4:38.70 | 441    |       | 23/09/18 | Sudbury & District Michaelmas Two Day Open Meet   | Sudbury         | Deben           | 3     |
| 4:39.31 | 438    | F     | 18/02/18 | Suffolk County Championships 2018                 | Ipswich         | Deben           | 2     |
| 4:44.59 | 414    | H     | 08/08/21 | Deben   | Woolverstone    | Deben           | 0     |
| 4:52.25 | 383    | F     | 07/10/17 | Deben Open Meet                                   | Ipswich         | Deben           | 3     |
| 5:01.97 | 347    |       | 24/09/17 | Michaelmas Two Day Open Meet                      | Sudbury         | Deben           | 3     |
| 5:02.86 | 344    | F     | 07/07/17 | Deben Club Championships 2017                     | Deben           | Deben           | 4     |
| 5:30.86 | 264    | F     | 15/10/16 | Deben Open Meet 2016                              | Deben           | Deben           | 3     |
| 5:51.53 | 220    | F     | 03/10/15 | West Suffolk SC The Neate Meet                    | Bury St Edmunds | Deben           | 3     |
| 5:57.34 | 209    | F     | 19/04/15 | Newmarket & District Seventh Open Meet            | Newmarket       | Deben           | 3     |
| 5:59.80 | 205    | F     | 21/03/15 | Suffolk County Championships                      | Ipswich         | Deben           | 2     |
| 6:09.70 | 189    | F     | 30/11/14 | Deben Open Meet                                   | Deben           | Deben           | 3     |

## Swims in Date Order

| Time    | WA Pts | Round | Date     | Meet  | Venue        | Club Swam Under | Level |
|---------|--------|-------|----------|---|--------------|-----------------|-------|
| 4:26.20 | 506    | H     | 13/02/22 | Swim England Suffolk County Championships 2022    | Ipswich      | Deben           | 2     |
| 4:44.59 | 414    | H     | 08/08/21 | Deben   | Woolverstone | Deben           | 0     |
| 4:27.57 | 499    | H     | 09/02/20 | Suffolk ASA County Championships 2019             | Ipswich      | Deben           | 2     |
| 4:22.52 | 528    |       | 22/09/19 | Sudbury & District Michaelmas Two Day Open Meet   | Sudbury      | Deben           | 3     |
| 4:32.29 | 473    | H     | 24/02/19 | Suffolk County Championships 2019                 | Ipswich      | Deben           | 2     |
| 4:31.90 | 475    |       | 06/01/19 | Sudbury & District January Last Chance Time Trial | Sudbury      | Deben           | 3     |

|         |     |   |          |   |                 |       |   |
|---------|-----|---|----------|---|-----------------|-------|---|
| 4:35.07 | 459 | F | 20/10/18 | Deben Open Meet                                 | Ipswich         | Deben | 3 |
| 4:38.70 | 441 |   | 23/09/18 | Sudbury & District Michaelmas Two Day Open Meet | Sudbury         | Deben | 3 |
| 4:39.31 | 438 | F | 18/02/18 | Suffolk County Championships 2018               | Ipswich         | Deben | 2 |
| 4:52.25 | 383 | F | 07/10/17 | Deben Open Meet                                 | Ipswich         | Deben | 3 |
| 5:01.97 | 347 |   | 24/09/17 | Michaelmas Two Day Open Meet                    | Sudbury         | Deben | 3 |
| 5:02.86 | 344 | F | 07/07/17 | Deben Club Championships 2017                   | Deben           | Deben | 4 |
| 5:30.86 | 264 | F | 15/10/16 | Deben Open Meet 2016                            | Deben           | Deben | 3 |
| 5:51.53 | 220 | F | 03/10/15 | West Suffolk SC The Neate Meet                  | Bury St Edmunds | Deben | 3 |
| 5:57.34 | 209 | F | 19/04/15 | Newmarket & District Seventh Open Meet          | Newmarket       | Deben | 3 |
| 5:59.80 | 205 | F | 21/03/15 | Suffolk County Championships                    | Ipswich         | Deben | 2 |
| 6:09.70 | 189 | F | 30/11/14 | Deben Open Meet                                 | Deben           | Deben | 3 |