

# Individual Best Times (All Time)

Andrew Sawkins - (728622) - Newham & University of East Lond - 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
4:14.89	577	F	08/10/23	NUEL SC Early County Qualifier Open Meet 2023	Stratford		3
4:18.80	551	F	31/10/15	East District Age Group Championships	Glenrothes	Heart Of Mid	1
4:18.80	551	F	07/11/15	East District Age Group Championships	Glenrothes	Heart Of Mid	1
4:20.12	543	F	14/06/15	ELST Distance Meet 2015	Mercat Gait	Heart Of Mid	2
4:22.62	527	F	01/11/14	East District Age Group Championships	Fife	Heart Of Mid	2
4:27.69	498		01/06/14	INCAS Distance Meet 2014	Dunfermline	Heart Of Mid	2
4:33.49	467		03/11/12	East District Age Group Championships	Bathgate	Heart Of Mid	1
4:33.84	465		27/05/12	Incas Distance Gala 2012	Glenrothes	Heart Of Mid	2
4:35.64	456	F	14/12/12	Scottish Gas National SC Championships	Edinburgh	Heart Of Mid	1
4:38.77	441	F	22/06/13	East Lothian Distance Meet	Prestonpans	Heart Of Mid	2
4:39.19	439	F	16/06/12	East Lothian Distance Meet	Prestonpans	Heart Of Mid	2
4:44.36	415	F	06/05/12	Carnegie SO Long Meet	Glenrothes	Heart Of Mid	2
5:06.91	330	F	22/01/12	Carnegie Graded Spring Meet	Dunfermline	Heart Of Mid	2

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