

Individual Best Times (All Time)

Mark Greenaway - (729326) - Dereham & District 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
4:27.36	500	F	21/07/17	Dereham & District ASC Roger Virgoe	Dereham	Dereham	4
4:31.99	475	F	20/11/21	Dereham & District SC November 2021 Dual Meet	Dereham		3
4:32.02	475	F	04/12/21	Dereham & District ASC Roger Virgoe	Dereham		4
4:32.82	470	F	07/07/15	Dereham & District Roger Virgo 2015	Dereham	Dereham	4
4:34.13	464	H	28/01/17	Norfolk ASA County Championships 2017	Norfolk	Dereham	2
4:36.17	453	F	04/10/15	Dereham & District SC Icenl 2015 Level 3 Open Meet	Dereham	Dereham	3
4:37.39	447	H	26/03/23	Norwich Swan Open Meet 2023	Norwich	Dereham	3
4:37.44	447	F	15/07/16	Dereham & District SC Roger Virgoe Level 3 2016	Dereham	Dereham	3
4:38.53	442	F	16/07/18	DDASC Long Distance Meet 2018	Dereham LC	Dereham	3
4:42.16	425	F	05/10/14	Dereham Icenl Level 3 Open Meet	Dereham	Dereham	3
4:44.33	415	F	08/07/14	Dereham & District Roger Virgo Distance Event	Dereham	Dereham	4
4:45.97	408	H	21/02/15	Norfolk County Championships	Wymondham		2
4:46.30	407	F	04/07/21	Dereham & District Amateur Swimming Club	Dereham Leisure Cent		0
4:49.18	395	H	22/02/14	Norfolk County Champs & AG Comp	Wymondham	Dereham	2
4:50.52	389	F	15/11/13	Dereham Annual Gala	Dereham	Dereham	4
4:59.53	355	F	29/09/13	Dereham & District ASC ICENI	Dereham	Dereham	3
5:08.39	326	H	09/02/13	Norfolk County ASA Champs & Age Group	Wymondham	Dereham	2

Swims in Date Order

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