

Individual Best Times (All Time)

Jonathan James - (732372) - Cambridge University Swimming & - 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
4:28.33	494	F	08/07/14	Dereham & District Roger Virgo Distance Event	Dereham	Dereham	4
4:31.26	479	H	21/02/15	Norfolk County Championships	Wymondham		2
4:34.44	462	H	07/12/14	ASA East Region Winter Championships	Luton		2
4:37.28	448	F	10/05/13	West Suffolk SC Open Meet	Bury St Edmunds	Dereham	3
4:39.37	438	H	22/02/14	Norfolk County Champs & AG Comp	Wymondham	Dereham	2
4:41.06	430	F	04/10/15	Dereham & District SC Icenii 2015 Level 3 Open Meet	Dereham	Dereham	3
4:44.93	413	F	20/04/13	Newmarket & District SC Fifth Open Meet	Newmarket	Dereham	3
4:45.44	411	H	09/02/13	Norfolk County ASA Champs & Age Group	Wymondham	Dereham	2
4:57.33	363	H	04/03/12	Norfolk County Championships	Thetford	Dereham	2
5:00.53	352	F	06/11/11	City of Norwich The Big Bang 2011	Norwich	Dereham	2
5:13.51	310	H	13/01/12	City of Cambridge Winter Short Course Meet	Cambridge	Dereham	2
5:17.03	300	F	22/04/12	NDSC 4th Open Meet	Newmarket	Dereham	3
5:18.62	295	H	13/03/11	Norfolk County Championships	Thetford	Dereham	2
6:00.05	204	H	14/03/10	Norfolk County Champs	Thetford	Dereham	2

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:41.06	430	F	04/10/15	Dereham & District SC Icenii 2015 Level 3 Open Meet	Dereham	Dereham	3
4:31.26	479	H	21/02/15	Norfolk County Championships	Wymondham		2
4:34.44	462	H	07/12/14	ASA East Region Winter Championships	Luton		2
4:28.33	494	F	08/07/14	Dereham & District Roger Virgo Distance Event	Dereham	Dereham	4
4:39.37	438	H	22/02/14	Norfolk County Champs & AG Comp	Wymondham	Dereham	2
4:37.28	448	F	10/05/13	West Suffolk SC Open Meet	Bury St Edmunds	Dereham	3
4:44.93	413	F	20/04/13	Newmarket & District SC Fifth Open Meet	Newmarket	Dereham	3
4:45.44	411	H	09/02/13	Norfolk County ASA Champs & Age Group	Wymondham	Dereham	2
5:17.03	300	F	22/04/12	NDSC 4th Open Meet	Newmarket	Dereham	3

4:57.33	363	H	04/03/12	Norfolk County Championships	Thetford	Dereham	2
5:13.51	310	H	13/01/12	City of Cambridge Winter Short Course Meet	Cambridge	Dereham	2
5:00.53	352	F	06/11/11	City of Norwich The Big Bang 2011	Norwich	Dereham	2
5:18.62	295	H	13/03/11	Norfolk County Championships	Thetford	Dereham	2
6:00.05	204	H	14/03/10	Norfolk County Champs	Thetford	Dereham	2