

Individual Best Times (All Time)

James Pope - (758518) - Watford 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
4:28.26	495	F	11/11/18	Watford & Hemel Hempstead SC Joint Club Champs	Hemel Hempstead	Watford SC	3
4:28.94	491	F	16/03/19	Watford Regional Qualifier 2019	Garston	Watford SC	3
4:29.75	487	F	17/11/18	Watford November 2018 County Qualifier	Garston	Watford SC	3
4:31.23	479	H	21/10/18	Team Luton Autumn Short Course Meet 2018	Inspire Luton Sports	Watford SC	3
4:31.46	477	F	02/12/18	City Of St Albans Open Meet Winter 2018	St Albans	Watford SC	3
4:31.75	476	F	16/11/19	Watford November 2019 County Qualifier	Garston		3
4:33.00	469	H	12/01/20	Swim England Hertfordshire County Championships	Borehamwood	Watford SC	2
4:33.26	468	H	02/02/19	SE Hertfordshire County Champs & Age Group Comp	Borehamwood	Watford SC	2
4:34.54	462	F	10/11/19	Watford & Hemel Hempstead Club Championships 2019	Hemel Hempstead		3
4:34.64	461	F	06/10/18	Harpenden Legacy Meet	Westminster Lodge	Watford SC	3
4:35.95	455	F	07/03/20	Watford March 2020 Regional Qualifier	Garston		3
4:37.61	446	H	27/10/19	Team Luton Autumn Short Course Open Meet	Inspire; Luton	Watford SC	3
4:38.90	440	F	03/03/18	Watford Regional Qualifier	Watford	Watford SC	3
4:43.43	419	F	25/11/17	Watford November 2017 County Qualifier	Garston	Watford SC	3
4:47.53	402	F	02/07/21	Watford	Woodside		0
4:47.75	401	F	18/03/17	Watford Regional Qualifier	Watford	Watford SC	3
4:51.10	387	F	19/11/17	Watford & Hemel Hempstead Joint Club Champs	Hemel Hempstead	Watford SC	3
4:53.57	377	F	04/02/17	Herts County Champs & Age Group Champs	Borehamwood	Watford SC	2
5:02.56	345	F	19/11/16	Watford November 2016 County Qualifier	Garston	Watford SC	3
5:06.39	332	H	11/12/16	Team Luton 2016 Winter Development Meet	Luton	Watford SC	3
5:06.86	330	F	13/11/16	Watford & Hemel Hempstead Club Champs	Hemel Hempstead	Watford SC	3
5:14.49	307	F	21/11/15	Watford November County Qualifier Open Meet	Watford	Watford SC	3
5:16.87	300	F	18/10/15	Hemel Hempstead 102nd Birthday Open	Hemel Hempstead	Watford SC	2
5:19.19	294	F	06/02/16	Hertfordshire County Championships	Borehamwood	Watford SC	2
5:40.75	241	F	22/03/15	Hertfordshire County Championships	Borehamwood	Watford SC	2
6:03.83	198	F	22/10/14	Watford Club Championships	Garston	Watford SC	4

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