

Individual Best Times (All Time)

James Cross - (771595) - Wigan Best SC - 400 Individual Medley - 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
4:29.69	660	H	16/12/18	SE Winter Championships 2018	Sheffield	Wigan BEST	2
4:30.95	650	H	03/11/18	Swim England NWR Winter Championships	Manchester	Wigan BEST	2
4:32.47	640	H	19/11/17	Wigan BEST Future Stars Open Meet	Wigan	Wigan BEST	2
4:38.62	598	H	05/11/16	ASA North West Region Winter Championships	Manchester	Wigan BEST	2
4:39.11	595	H	30/09/18	Greater Manchester Autumn Meet 2018	Wigan Life Centre	Wigan	3
4:44.44	562		12/07/16	Jeux De La FISEC 2016	France	Wigan BEST	2
4:47.24	546	H	27/11/16	Wigan BEST Future Stars Open Meet	Wigan	Wigan BEST	2
4:51.99	520	H	29/11/15	Wigan B.E.S.T SC Future Stars Open Meet	Wigan		2
4:53.74	510	H	24/10/15	City of Leeds October Grand Prix 2015	Leeds		2
4:54.72	505	H	03/10/15	Derventio Excel 5th Short Course Open Metet	Matlock		2
5:02.30	468	H	19/10/14	Greater Manchester Autumn Meet 2014	Wigan		3
5:11.89	426	H	11/01/14	Greater Manchester Clubs Age Groups	Manchester	Wigan BEST	3
5:29.75	361	H	12/01/13	Bolton & Manchester District Age Group	Manchester	Wigan BEST	3
5:56.19	286	H	07/10/12	Central Lancs SA Warburton Age Groups	Salford	Wigan BEST	3
6:34.43	210	H	31/10/10	City of Salford Gala	Salford	Wigan BEST	2

Swims in Date Order

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