

Individual Best Times (All Time)

Connor Coupland - (788405) - Borough of Harrow S C - 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
4:41.24	429	F	14/06/15	Borough of Harrow Club Championships	Northwood	Bo Of Harrow	4
4:49.41	394	F	31/01/16	MCASA County Championships 2016	Barnet	Bo Of Harrow	2
4:50.72	389	F	29/11/15	BHSC Christmas Cracker County Qualifier 2015	Barnet	Bo Of Harrow	3
4:51.12	387		09/11/14	Barnet Cophall Middle Distance Meet	Barnet	Bo Of Harrow	2
4:52.52	382	F	07/03/15	BHSC John Basford Memorial Trophy	Barnet	Bo Of Harrow	3
4:53.19	379	F	01/11/14	Ealing Level 3 Open Meet	Northolt	Bo Of Harrow	3
4:53.79	377	F	01/11/15	Ealing November Open Meet	Northolt	Bo Of Harrow	3
4:55.94	368	F	07/10/14	Borough of Harrow Club Championships	Barnet	Bo Of Harrow	4
4:56.59	366	H	18/10/14	Bishop's Stortford 6th Autumn Open Meet	Borehamwood		3
5:16.05	302	F	08/02/14	Ealing L3 February Open Meet 2014	Ealing	Bo Of Harrow	3
5:16.77	300	H	26/04/14	Team Luton 2014 Short Course Open Meet	Luton	Bo Of Harrow	3
5:19.97	291	H	11/01/14	Basildon & Phoenix Last Chance County	Basildon	Bo Of Harrow	3
5:31.14	263	F	02/11/13	The Borough of Harrow Club Championships	Barnet	Bo Of Harrow	4
6:09.24	189	F	17/06/12	Borough of Harrow SC End of Season Meet	Barnet	Bo Of Harrow	4

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