

# Individual Best Times (All Time)

Benjamin Gregory - (788971) - Glossop ASC - 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
4:59.51	355	F	12/07/14	Wirral Metro Summer Open Meet	Birkenhead	Stockport Mo	3
5:02.47	345	H	15/03/14	Cheshire County Championships	Macclesfield	Stockport Mo	2
5:11.12	317	H	25/01/14	Greater Manchester Clubs Age Groups	Manchester	Stockport Mo	3
5:21.42	287	H	17/09/13	Stockport Metro SC Club Championships	Stockport	Stockport Mo	4
5:28.06	270	H	27/04/13	Satellites of Macclesfield 26th Open Meet	Macclesfield	Stockport Mo	2
5:29.78	266	F	13/07/13	Wirral Metro L3 Meet	Birkenhead	Stockport Mo	3
5:32.62	259	H	26/10/13	City of Leeds October Grand Prix	Leeds	Stockport Mo	2
5:40.00	243	H	13/01/13	Bolton & Manchester District Age Group	Manchester	Stockport Mo	3
5:41.37	240	H	12/09/12	Stockport Metro Club Championships	Stockport	Stockport Mo	4
5:47.13	228	H	26/05/12	Blackpool Rocks Open Meet	Blackpool	Stockport Mo	3
6:17.66	177	F	09/07/11	Wirral Metro Summer Open Meet	Birkenhead	Stockport Mo	3
6:27.14	164	H	30/04/11	City of Salford Spring Meet	Salford	Stockport Mo	3

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:59.51	355	F	12/07/14	Wirral Metro Summer Open Meet	Birkenhead	Stockport Mo	3
5:02.47	345	H	15/03/14	Cheshire County Championships	Macclesfield	Stockport Mo	2
5:11.12	317	H	25/01/14	Greater Manchester Clubs Age Groups	Manchester	Stockport Mo	3
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