

# Individual Best Times (All Time)

Ben Strover - (790406) - Orpington Ojays - 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
4:20.74	539	H	01/10/16	Orpington Ojays Season Starter 2016	Gillingham	Orpington OJ	3
4:22.06	531	H	06/11/16	London Region Winter Championships	Stratford	Orpington OJ	2
4:22.76	527	H	09/10/16	Orpington Ojays Club Championships	Eltham	Orpington OJ	4
4:25.21	512	H	08/10/17	Orpington Ojays Club Championships 2017	Walnuts	Orpington OJ	4
4:25.79	509	H	07/11/15	ASA London Region Winter Short Course Championship	London	Orpington OJ	2
4:26.01	507	H	18/10/15	Orpington Ojays Club Championships	Eltham	Orpington OJ	4
4:30.43	483	H	03/10/15	Orpington Ojays Season Starter	Gillingham	Orpington OJ	3
4:32.31	473	H	28/02/15	2015 Kent County Swimming Championships	Gillingham	Orpington OJ	2
4:45.91	409	H	29/09/14	Orpington Ojays SC Club Championships 2014	Orpington	Orpington OJ	4
5:18.22	296	H	20/10/13	Orpington Ojays Club Championships	Orpington	Orpington OJ	4
5:22.37	285	H	14/10/12	Orpington Ojays Club Championships	Eltham	Orpington OJ	4

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