

Individual Best Times (All Time)

Dermot O'Doherty - (792925) - Basildon and Phoenix 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
4:25.06	513	H	24/10/15	Essex Senior Short Course Championships 2015	Basildon		2
4:28.87	491	H	07/11/15	ASA East Region Winter Championships 2015	Luton		2
4:37.76	446	H	29/11/14	Essex Senior Junior Championships	Basildon		2
4:49.51	394	H	07/12/13	Basildon & Phoenix SC Club Championships	Basildon	Basildon Ph	4
4:52.21	383	H	11/01/14	Basildon & Phoenix Last Chance County	Basildon	Basildon Ph	3
4:58.83	358	F	06/01/13	Redbridge Winter Meet 2013	Barkingside	Basildon Ph	3
4:59.66	355	F	21/04/13	London Borough of Redbridge Regional Meet	Barking	Basildon Ph	3
5:09.42	322	H	27/10/12	Basildon & Phoenix Autumn SC Meet	Basildon	Basildon Ph	3
5:29.13	268	H	05/11/11	Thurrock SC County Qualifier 2011	Grays	Basildon Ph	3
5:29.74	266	F	08/01/12	London Borough of Redbridge Winter Meet	Fullwell Cross	Basildon Ph	3
5:40.34	242	F	16/09/11	Basildon & Phoenix SC Club Championships	Basildon	Basildon Ph	4
5:43.72	235	H	08/10/11	Thurrock SC Season Opener 2011	Grays	Basildon Ph	2
6:16.54	179		05/12/10	Canvey Island Winter Open	Canvey Island	Basildon Ph	3

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