

Individual Best Times (All Time)

Ryan Smith - (798043) - City of Norwich 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
5:17.47	404	H	08/03/14	Norfolk County Champs & AG Comp	Thetford	Co Norwich	2
5:19.76	395	H	09/03/13	Norfolk County Championships	Thetford	Co Norwich	2
5:30.62	358	F	27/09/12	UEA City of Norwich SC Club Championship	Norwich	Co Norwich	4
5:36.78	338	H	10/03/12	Norfolk County Championships	Thetford	Co Norwich	2
5:42.74	321	F	28/04/12	City of Milton Keynes Spring Open Meet	Bletchley	Co Norwich	2
5:59.11	279	F	05/11/11	City of Norwich The Big Bang 2011	Norwich	Co Norwich	2
6:08.87	257	H	14/01/12	City of Cambridge Winter Short Course Meet	Cambridge	Co Norwich	2
6:12.24	251	F	29/09/11	UEA City of Norwich Club Championships	Norwich	Co Norwich	4

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