

# Individual Best Times (All Time)

Reef Hook - (801500) - Ealing 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
4:12.85	591	F	04/12/16	Ealing December Christmas L3 Open Meet	Northolt	Ealing	3
4:13.85	584	F	26/02/17	ESC February L3 Open	Northolt	Ealing	3
4:14.58	579	H	07/11/15	ASA London Region Winter Short Course Championship	London		2
4:22.08	531	H	06/12/14	London Region Winter Championships	London		2
4:26.18	507	F	20/01/15	Middlesex County Championships 2015	Hendon	Ealing	2
4:27.54	499	F	15/03/14	Middlesex County Championships	Enfield	Ealing	2
4:48.96	396	F	11/03/13	Middlesex County Championships	Enfield	Ealing	2
4:52.93	380	F	03/02/13	Ealing L3 Open Meet	Northolt	Ealing	3
4:56.87	365	H	19/01/13	Windsor Level 2 Licensed Meet	Maidenhead	Ealing	2
5:18.63	295	F	12/02/12	Ealing Short Course Open Meet	Ealing	Ealing	3
5:28.94	268	H	21/01/12	Windsor Level 2 Open Meet	Maidenhead	Ealing	2
5:55.70	212	F	03/04/11	Middlesex County Spring Development Meet	Enfield	Ealing	4

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:13.85	584	F	26/02/17	ESC February L3 Open	Northolt	Ealing	3
4:12.85	591	F	04/12/16	Ealing December Christmas L3 Open Meet	Northolt	Ealing	3
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5:28.94	268	H	21/01/12	Windsor Level 2 Open Meet	Maidenhead	Ealing	2

5:55.70

212

F

03/04/11

Middlesex County Spring Development Meet

Enfield

Ealing

4