

Individual Best Times (All Time)

Ausaid Adem - (802706) - Plymouth Leander 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
4:41.58	428	H	15/11/14	Stockport Metro November Open Meet	Stockport		2
4:44.86	413	H	26/09/14	Stockport Metro SC Club Championships	Stockport		4
4:45.68	410	H	15/03/14	Cheshire County Championships	Macclesfield	Stockport Mo	2
4:47.16	403	H	15/09/15	Stockport Metro SC Club Championships 2015	Stockport		4
4:54.13	375	H	26/10/13	City of Leeds October Grand Prix	Leeds	Stockport Mo	2
5:06.48	332	H	17/09/13	Stockport Metro SC Club Championships	Stockport	Stockport Mo	4
5:50.09	222	H	12/09/12	Stockport Metro Club Championships	Stockport	Stockport Mo	4

Swims in Date Order

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5:50.09	222	H	12/09/12	Stockport Metro Club Championships	Stockport	Stockport Mo	4