

Individual Best Times (All Time)

John Wright - (809181) - Harrogate District 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 |
|---------|--------|-------|----------|--|---------------|-----------------|-------|
| 4:12.21 | 596 | H | 23/10/15 | Middlesbrough Halloween Open Meet | Middlesbrough | | 2 |
| 4:13.36 | 587 | H | 17/07/16 | City of Bradford End of Season Meet | ShIPLEY | Harrogate | 3 |
| 4:20.35 | 541 | H | 21/11/15 | ASANER Regional Senior & Youth Championships | Sunderland | | 2 |
| 4:24.28 | 518 | H | 15/11/14 | Stockport Metro November Open Meet | Stockport | | 2 |
| 4:48.33 | 398 | H | 28/10/12 | Harrogate Autumn Open Meet | Harrogate | Harrogate | 3 |
| 4:59.33 | 356 | H | 14/01/12 | Harrogate Janus A & B Grade Meet | Harrogate | Harrogate | 3 |
| 5:09.58 | 322 | H | 23/10/11 | Harrogate Junior Meet | Harrogate | Harrogate | 2 |
| 5:24.42 | 280 | H | 19/11/11 | City of Hereford Open Meet | Hereford | Harrogate | 3 |
| 5:31.94 | 261 | H | 13/12/10 | Harrogate Club Championships | Harrogate | Harrogate | 4 |
| 5:41.88 | 239 | H | 24/10/10 | Harrogate Junior Open Meet | Harrogate | Harrogate | 2 |

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