

Individual Best Times (All Time)

Jamie Bond - (827648) - Worthing Swimming Club - 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
4:33.44	467	F	15/11/18	Worthing Open Championships	Worthing	Worthing SC	4
4:35.84	455	F	16/11/17	Worthing Open Championships	Worthing	Worthing SC	4
4:54.22	375	F	26/11/16	Atlantis Christmas Cracker Open Meet	Horsham	Worthing SC	3
4:55.05	372	F	17/11/16	Worthing Open Championships	Worthing	Worthing SC	4
5:16.87	300	F	19/11/15	Worthing Open Championships	Worthing	Worthing SC	4
5:47.12	228	F	29/11/14	Atlantis Horsham Christmas Cracker Meet	Horsham	Worthing SC	3
5:47.38	228	F	13/11/14	Worthing Club Championships	Worthing	Worthing SC	4
6:33.51	156	F	01/12/13	Littlehampton SC Club Championships	Bognor Regis	Arun Trident	4

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