

Individual Best Times (All Time)

Nathaniel Harries - (842860) - Neath ASC - 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
5:08.39	441	F	27/11/16	Swim Wales West Sub Regional Championships	Wales	Carmarthen	3
5:10.00	434	F	29/11/15	Swim Wales West Region Sub Regional Championships	Haverfordwest	Carmarthen	3
5:17.21	405	F	11/12/16	Carmarthen Christmas Open Meet	Carmarthen	Carmarthen	2
5:34.62	345	F	06/02/15	SWWR Regional Championships	Haverford West	Carmarthen	2
5:38.39	334	F	30/11/14	West Wales Sub Regional Competition 2014	Haverfordwest	Carmarthen	2

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