

Individual Best Times (All Time)

Nathaniel Harries - (842860) - Neath ASC - 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
4:26.60	504	F	03/02/18	SW North Regional Championships	Llandudno	Denbigh D	2
4:28.85	492	F	27/11/16	Swim Wales West Sub Regional Championships	Wales	Carmarthen	3
4:29.29	489	F	02/02/19	Swim Wales North Regional Championships	Llandudno	Denbigh D	2
4:31.81	476	F	08/11/15	City of Cardiff Welsh Capital Open Meet	Cardiff	Nofio S Gar	2
4:55.57	370	F	29/11/14	West Wales Sub Regional Competition 2014	Haverfordwest	Carmarthen	2
5:31.46	262	F	30/11/13	West Wales Sub Regional Championships	Haverfordwest	Carmarthen	4

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