

Individual Best Times (All Time)

Luke Plaice - (843178) - Middlesbrough 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 |
|---------|--------|-------|----------|-------------------------------------|---------------|-----------------|-------|
| 5:14.94 | 306 | H | 09/05/14 | Middlesbrough Open Meet 2014 | Middlesbrough | Middlesboro | 2 |
| 5:16.91 | 300 | H | 16/11/13 | Stockport November L2 Meet | Stockport | Middlesboro | 2 |
| 5:20.58 | 290 | H | 06/07/14 | Boldmere SC Water Carnival | Birmingham | | 3 |
| 5:22.60 | 284 | H | 27/10/13 | Middlesbrough Halloween Open | Middlesbrough | Middlesboro | 2 |
| 5:24.63 | 279 | | 07/07/13 | Boldmere Open Meet | Stechford | Middlesboro | 3 |
| 5:42.38 | 238 | H | 20/04/13 | South Tyneside SC April Spring Meet | Hebburn | Middlesboro | 3 |

Swims in Date Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------|--------|-------|----------|-------------------------------------|---------------|-----------------|-------|
| 5:20.58 | 290 | H | 06/07/14 | Boldmere SC Water Carnival | Birmingham | | 3 |
| 5:14.94 | 306 | H | 09/05/14 | Middlesbrough Open Meet 2014 | Middlesbrough | Middlesboro | 2 |
| 5:16.91 | 300 | H | 16/11/13 | Stockport November L2 Meet | Stockport | Middlesboro | 2 |
| 5:22.60 | 284 | H | 27/10/13 | Middlesbrough Halloween Open | Middlesbrough | Middlesboro | 2 |
| 5:24.63 | 279 | | 07/07/13 | Boldmere Open Meet | Stechford | Middlesboro | 3 |
| 5:42.38 | 238 | H | 20/04/13 | South Tyneside SC April Spring Meet | Hebburn | Middlesboro | 3 |