

Individual Best Times (All Time)

Freddy Clampett - (844964) - Swansea University SC - 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 |
|---------|--------|-------|----------|--|-------------|-----------------|-------|
| 4:30.08 | 657 | H | 06/12/14 | ASA South West Region Short Course Champs | Millfield | Plymouth Lea | 2 |
| 4:31.83 | 644 | | 07/12/13 | ASA South East Region Winter Championships | Portsmouth | Co South'ton | 2 |
| 4:32.09 | 642 | H | 24/10/15 | Manchester International Meet 2015 | Manchester | Plymouth Lea | 2 |
| 4:32.79 | 637 | F | 24/10/15 | Manchester International Meet 2015 | Manchester | Plymouth Lea | 2 |
| 4:38.84 | 597 | | 31/10/13 | City of Southampton Club Championships | Southampton | Co South'ton | 4 |
| 4:43.08 | 570 | | 01/11/12 | City of Southampton Club Championships | Southampton | Co South'ton | 4 |
| 4:46.16 | 552 | | 25/11/12 | Hampshire Schools Swimming Championships | Southampton | Co South'ton | 3 |
| 5:02.54 | 467 | | 04/11/11 | City of Southampton Club Championships | Southampton | Co South'ton | 4 |

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