

# Individual Best Times (All Time)

Louis Hines - (848874) - Watford 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
4:29.83	486	F	12/03/16	Watford Regional Qualifier	Watford	Watford SC	3
4:30.30	484	F	13/11/16	Watford & Hemel Hempstead Club Champs	Hemel Hempstead	Watford SC	3
4:31.77	476	H	05/11/16	East Swimming 2016 SC Championships	Luton	Watford SC	2
4:32.70	471	F	15/10/16	Wycombe District Inaugural Premier Meet	Wycombe	Watford SC	2
4:32.92	470	F	19/11/16	Watford November 2016 County Qualifier	Garston	Watford SC	3
4:33.05	469	F	28/02/16	Ealing February L3 Open Meet	Northolt	Watford SC	3
4:33.60	466	F	21/11/15	Watford November County Qualifier Open Meet	Watford	Watford SC	3
4:33.93	465	H	03/11/18	Swim England East Region Short Course Championship	Luton	Watford SC	2
4:33.98	464	F	18/10/15	Hemel Hempstead 102nd Birthday Open	Hemel Hempstead	Watford SC	2
4:34.09	464	F	25/11/17	Watford November 2017 County Qualifier	Garston	Watford SC	3
4:34.12	464	F	17/11/18	Watford November 2018 County Qualifier	Garston	Watford SC	3
4:35.95	455	H	29/09/18	Modernian Golden Eagle Meet	Bletchley	Watford SC	2
4:38.36	443	F	22/03/15	Hertfordshire County Championships	Borehamwood	Watford SC	2
4:39.18	439	F	18/03/17	Watford Regional Qualifier	Watford	Watford SC	3
4:39.73	436	F	22/10/14	Watford Club Championships	Garston	Watford SC	4
4:40.69	432	F	17/01/15	Watford County Qualifier Open Meet	Watford	Watford SC	3
4:40.71	432	F	19/11/17	Watford & Hemel Hempstead Joint Club Champs	Hemel Hempstead	Watford SC	3
4:40.72	432	H	21/10/18	Team Luton Autumn Short Course Meet 2018	Inspire Luton Sports	Watford SC	3
4:41.35	429	F	02/12/18	City Of St Albans Open Meet Winter 2018	St Albans	Watford SC	3
4:41.46	428	F	11/11/18	Watford & Hemel Hempstead SC Joint Club Champs	Hemel Hempstead	Watford SC	3
4:43.09	421	F	04/02/17	Herts County Champs & Age Group Champs	Borehamwood	Watford SC	2
4:44.54	415	F	03/03/18	Watford Regional Qualifier	Watford	Watford SC	3
4:44.74	414	H	14/06/15	9th ASA East Region Disability Swimming Champs	Newmarket	Watford SC	2
4:45.01	413	H	23/11/14	BG Para-Swimming Championships	Manchester	East Region	2
4:50.15	391	F	24/11/13	Watford Middle Distance & 50m Sprint Open	Watford	Watford SC	3
4:54.58	374	F	03/10/13	Watford SC Club Champs Middle Distance	Watford	Watford SC	4
5:00.00	350	F	18/01/14	Watford County Qualifier Open Meet	Watford	Watford SC	3

5:00.23	353	F	18/01/14	Watford County Qualifier Open Meet	Watford	Watford SC	3
5:07.63	328	F	14/10/12	Watford SC Club Championships 2012	Watford	Watford SC	4
5:09.27	323	F	19/01/13	Watford County Qualifier Open Meet	Watford	Watford SC	3
5:13.67	309	F	25/11/12	Watford SC Middle Distance & 50m Sprint	Watford	Watford SC	3
5:54.39	214	F	02/11/11	Watford Club Championships	Watford	Watford SC	4
7:25.45	108		10/10/10	Watford Club Champs	Watford	Watford SC	4

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