

Individual Best Times (All Time)

Dexter Lam - (849534) - Gravesend & Northfleet 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
4:33.44	467	H	16/09/17	Medway ASA Championships 2017	Gillingham	Black Lion	4
4:33.52	467	H	12/11/17	BLSC Club Championships 2017	Medway Park	Black Lion	4
4:34.12	464	H	23/09/18	BLSC Club Championships 2018	Medway Park	Black Lion	4
4:41.94	426	F	17/12/16	Bromley Christmas Gold Open Meet 2016	Bromley		3
4:46.18	407	H	05/01/17	Black Lion Licensed Time Trials 2017	Strood	Black Lion	4
4:53.54	378	H	17/09/16	Medway ASA Championships 2016	Gillingham	Black Lion	4
4:55.26	371	H	25/06/16	Bexley Short Course Open Meet	Bexleyheath	Black Lion	2
5:00.62	351	F	19/12/15	Bromley Christmas Gold Open Meet 2015	Gillingham		3
5:05.18	336	H	01/11/15	Black Lion Club Championships	Gillingham		4

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