

Individual Best Times (All Time)

Ben Wilkinson - (850244) - West Suffolk Swimming Club - 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
4:28.16	495	F	01/06/19	WSSC Home Series: Round 1	Bury St Edmunds	West Suffolk	4
4:32.85	470	F	21/03/15	Suffolk County Championships	Ipswich	West Suffolk	2
4:33.13	469	F	23/03/14	Suffolk County Championships	Ipswich	West Suffolk	2
4:33.87	465	F	26/02/17	Suffolk County ASA Championships 2017	Ipswich	West Suffolk	2
4:34.17	463		11/03/18	Robin Deal Memorial Meet 2018	Sudbury	West Suffolk	3
4:34.51	462	H	07/12/14	ASA East Region Winter Championships	Luton	West Suffolk	2
4:37.09	449	F	28/11/16	West Suffolk Club Championships 2016	Bury St Edmunds	West Suffolk	4
4:40.31	434	F	27/11/22	West Suffolk SC Club Championships 2022	Bury St Edmonds		4
4:54.01	376	F	18/11/23	West Suffolk SC Club Championships 2023	Bury St Edmunds	West Suffolk	4
4:56.59	366	F	10/05/13	West Suffolk SC Open Meet	Bury St Edmunds	West Suffolk	3
4:56.97	365	F	20/04/13	Newmarket & District SC Fifth Open Meet	Newmarket	West Suffolk	3
5:24.67	279	F	07/10/12	West Suffolk SC 2012 Club Championships	Bury St Edmunds	West Suffolk	4

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5:24.67

279

F

07/10/12

West Suffolk SC 2012 Club Championships

Bury St Edmunds

West Suffolk

4