

# Individual Best Times (All Time)

Joel Sinclair - (860576) - Carlisle Aquatics - 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
4:41.77	578	H	29/01/17	Cumbria Age Groups & County Championships	Workington	Carlisle Aq	2
4:47.89	542	H	11/12/16	Scottish National Short Course Championships	Edinburgh	Carlisle Aq	1
4:48.51	539	H	13/12/15	Scottish National Short Course Meet	Edinburgh	Carlisle Aq	1
4:49.59	533	H	16/10/16	Carlisle Aquatics Club Championships	Carlisle	Carlisle Aq	4
4:53.19	513	H	28/11/15	Carlisle Aquatics 2015 Sprints & Medley Open Meet	Carlisle		3
4:56.73	495	H	28/02/16	Cumbria Age Groups & County Championships	Kendal	Carlisle Aq	2
5:00.55	476	H	14/03/15	2015 Cumbria Age Groups & County Championships	Whitehaven		2
5:06.11	451	H	18/01/15	Carlisle Aquatics Club Championships	Carlisle		4
5:09.99	434	H	26/10/14	Chester le Street Junior Meet	Chester-le-Street		3
5:33.44	349	H	15/03/14	Cumbria County Championships	Whitehaven	Carlisle Aq	2
5:43.81	318	H	25/01/14	2014 Cumbria Winter Meet	Whitehaven	Carlisle Aq	3
5:52.10	296	H	24/11/13	Carlisle Aquatics Club Championships	Carlisle	Carlisle Aq	4
6:08.40	258	F	28/04/13	Dumfries Graded Meet 2013	Dumfries	Carlisle Aq	2
6:14.38	246	H	07/09/13	Workington 4th Presidents Open Meet	Workington	Carlisle Aq	3
6:41.25	200	H	16/03/13	Cumbria County Championships	Whitehaven	Carlisle Aq	2

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