

Individual Best Times (All Time)

Joel Sinclair - (860576) - Carlisle Aquatics - 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
4:18.66	552	H	09/12/16	Scottish National Short Course Championships	Edinburgh	Carlisle Aq	1
4:20.57	540	H	27/02/16	Cumbria Age Groups & County Championships	Kendal	Carlisle Aq	2
4:23.26	524	H	28/01/17	Cumbria Age Groups & County Championships	Workington	Carlisle Aq	2
4:24.41	517	H	11/12/15	Scottish National Short Course Meet	Edinburgh	Carlisle Aq	1
4:32.52	472	H	14/03/15	2015 Cumbria Age Groups & County Championships	Whitehaven		2
4:35.21	458	H	25/10/14	Chester le Street Junior Meet	Chester-le-Street		3
4:51.07	387	H	15/03/14	Cumbria County Championships	Whitehaven	Carlisle Aq	2
5:12.08	314	H	24/11/13	Carlisle Aquatics Club Championships	Carlisle	Carlisle Aq	4
5:27.97	271	H	07/09/13	Workington 4th Presidents Open Meet	Workington	Carlisle Aq	3
5:54.60	214	H	24/11/12	2012 Cumbria Autumn Graded Series	Kendal	Carlisle Aq	3

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