

# Individual Best Times (All Time)

Kieran Howard - (875334) - Radford 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
4:31.45	478	H	11/10/22	Radford SC Club Championships 2022	Radford		4
4:32.95	470	H	05/10/21	Radford SC Championships and Time Trial 2021	Nottingham		4
4:36.88	450	H	07/11/21	East Midland Region Short Course Championships 21	Nottingham	Radford	2
4:47.06	404	H	06/03/20	The 2020 Leicester Age Group Meet	Braunstone	Radford	3
4:48.38	398	H	27/06/21	Radford	Harvey Haddon	Radford	0
4:51.66	385	H	01/12/19	Nottinghamshire ASA Festive Frenzy Gala 2019	Harvey Hadden, Notts	Radford	3
4:53.24	379	H	16/12/18	Chesterfield Winter Open Championships	Matlock	Nova Cent'n	3
4:55.72	369	H	02/12/18	Nottinghamshire ASA Festive Frenzy Gala 2018	Nottingham	Bramcote	3
5:00.37	352	H	08/10/19	Radford Annual Club Champs and Time Trials	John Carroll LC	Radford	4
5:00.89	351	F	09/09/19	Bramcote Combined Diddy and BAGCAT Champs 2019	Bramcote	Bramcote	4
5:01.29	349	H	21/10/18	Nova Centurion October L2 SC Open Meet	Nottingham	Nova Cent'n	2
5:01.57	348	H	14/07/18	Nottinghamshire ASA Summer Gala 2018	Nottingham	Bramcote	3
5:07.74	328	H	23/09/18	Derventio Excel 8th Short Course Open Meet	Matlock	Nova Cent'n	2
5:17.80	297	H	18/11/17	Mansfield Major Oak Open Meet	Mansfield	Bramcote	3
5:28.20	270	H	15/07/17	Nottinghamshire ASA Summer Gala 2017	Nottingham	Bramcote	3
5:34.22	256	F	12/09/17	Bramcote Combined Diddy & Bagcat Club Championship	Bramcote	Bramcote	4
5:35.67	252	H	07/04/17	The 2017 Leicester Age Group Meet	Braunstone	Nova Cent'n	3
5:40.46	242	H	18/12/16	Nottinghamshire ASA Festive Frenzy Gala 2016	Nottingham	Bramcote	3
5:43.79	235	H	12/03/17	The Ernehale Open Meet	Nottingham	Bramcote	3
5:46.64	229	H	28/10/20	Radford SC	Ken Martin	Radford	0
5:57.52	209	H	19/11/16	Mansfield Major Oak Open Meet	Mansfield	Bramcote	3
6:06.27	194	H	01/10/16	Leicester Penguins 2016 Open Meet	Braunstone	Nova Cent'n	3
6:11.30	186	F	11/09/16	Bramcote Combined Diddy & Bagcat Club Champs	Bramcote	Bramcote	4
7:13.21	117	H	19/07/15	Chesterfield Summer Splash Level 3 Open Meet	Chesterfield		3
7:17.55	114	F	11/10/15	Bramcote Combined Diddy & BAGCAT Champs	Bramcote	Bramcote	4

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