

# Individual Best Times (All Time)

Sebastian Munro-Smith - (882622) - 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 |
|---------|--------|-------|----------|--|-----------------|-----------------|-------|
| 5:17.89 | 297    | F     | 28/11/16 | West Suffolk Club Championships 2016     | Bury St Edmunds | West Suffolk    | 4     |
| 5:28.62 | 269    | F     | 30/11/15 | West Suffolk Club Championships 2015     | Bury St Edmunds | West Suffolk    | 4     |
| 5:34.45 | 255    | F     | 03/10/15 | West Suffolk SC The Neate Meet           | Bury St Edmunds | West Suffolk    | 3     |
| 5:43.88 | 235    | F     | 19/04/15 | Newmarket & District Seventh Open Meet   | Newmarket       | West Suffolk    | 3     |
| 5:54.98 | 213    | F     | 21/11/14 | West Suffolk Club Championships          | Bury St Edmunds | West Suffolk    | 4     |
| 6:05.06 | 196    | F     | 09/05/14 | The Neate Meet                           | Bury St Edmunds | West Suffolk    | 3     |
| 6:19.61 | 174    |       | 12/01/14 | Sudbury & District January Time Trials   | Sudbury         | West Suffolk    | 3     |
| 6:59.90 | 129    |       | 11/01/13 | Sudbury & District Last Chance Open Meet | Sudbury         | West Suffolk    | 3     |

## Swims in Date Order

| Time    | WA Pts | Round | Date     | Meet                                     | Venue           | Club Swam Under | Level |
|---------|--------|-------|----------|--|-----------------|-----------------|-------|
| 5:17.89 | 297    | F     | 28/11/16 | West Suffolk Club Championships 2016     | Bury St Edmunds | West Suffolk    | 4     |
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