

Individual Best Times (All Time)

Zack Westhead - (883898) - Farnham SC - 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 |
|---------|--------|-------|----------|--|---------------------|-----------------|-------|
| 4:40.10 | 589 | H | 03/07/21 | Rushmoor Royals SC Club Championships 2021 | Heathfield School | | 4 |
| 4:40.10 | 589 | H | 03/07/21 | Rushmoor Royals Swimming Club | Heathfields Ascot | | 0 |
| 4:48.01 | 541 | F | 07/12/19 | Hart SC Last Chance Qualifier 2019 | Hart Leisure Centre | Rushmoor Ryl | 3 |
| 4:52.83 | 515 | F | 16/11/19 | Swim Bourenmouth L2 Winter Short Course | Littledown Centre | Rushmoor Ryl | 2 |
| 5:08.08 | 442 | H | 09/02/19 | Hampshire County ASA Championships 2019 | Portsmouth | Rushmoor Ryl | 2 |
| 5:10.40 | 432 | F | 15/12/18 | COCA Winter Splash | Maidenhead | Rushmoor Ryl | 3 |
| 5:21.58 | 389 | H | 22/09/18 | Hampshire County Open & Junior Champs 2018 | Southampton | Rushmoor Ryl | 2 |

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