

Individual Best Times (All Time)

Cillian Ross - (895571) - Fareham Nomads 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
5:16.44	408	F	30/09/18	Fareham Nomads Club Championships	Fareham	Fareham N'ds	4
5:22.12	387	F	26/11/17	Atlantis Christmas Cracker Open Meet	Horsham	Fareham N'ds	3
5:38.30	334	H	09/02/19	Hampshire County ASA Championships 2019	Portsmouth	Fareham N'ds	2
5:43.88	318	F	17/09/17	Fareham Nomads Club Championships	Portsmouth	Fareham N'ds	4
5:53.82	292	H	19/12/16	Fareham Nomads Time Trials December 2016	Fareham	Fareham N'ds	4
6:29.92	218	H	17/09/16	Fareham Nomads Club Championships	Fareham	Fareham N'ds	4
7:16.28	155	H	12/10/14	Fareham Nomads Club Championships	West Hill		4
8:23.19	101	H	13/10/13	Fareham Nomads Club Championships	Westhill Park	Fareham N'ds	4

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