

Individual Best Times (All Time)

Joseph Russell - (911567) - Mount Kelly Swimming - 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
4:35.14	621		02/11/19	South West Region Winter SC Championships	Millfield	Mt Kelly	2
4:35.14	621	H	02/11/19	South West Region Winter SC Championships	Millfield	Mt Kelly	2
4:40.48	586	F	16/11/19	Plymouth Leander National Winter Qualifier	Plymouth	Mt Kelly	2
4:42.82	572	H	03/11/18	ASA SWR Winter Championships	Millfield	Mt Kelly	2
4:44.18	564	H	29/09/18	Cambridge Grand Prix Regional & National Qualifier	Cambridge	Mt Kelly	2
4:44.59	561	H	09/12/18	Scottish National Short Course Open Swimming	Edinburgh	Mt Kelly	2
4:46.78	548	F	16/01/17	Devon County Championships & Age Groups 2017	Plymouth	Mt Kelly	2
4:48.62	538	H	11/12/16	Scottish National Short Course Championships	Edinburgh	Mt Kelly	1
4:53.40	512	H	05/11/16	ASA SWR Winter Championships	Millfield	Mt Kelly	2
4:55.01	504	F	02/10/16	Exeter October Meet	Plymouth	Mt Kelly	2
5:06.03	451	F	31/10/15	DD & ED Halloween Weekend Open Meet	Bexleyheath	Co Cant'bury	3
5:16.82	407	F	29/03/15	City of Canterbury Spring Open Meet	Canterbury	Co Cant'bury	3
5:23.11	383	F	06/09/15	City of Canterbury Club Championships	Canterbury	Co Cant'bury	4
5:24.62	378	H	22/02/15	2015 Kent County Swimming Championships	Gillingham	Co Cant'bury	2
5:31.53	355	H	10/01/15	Dover LG Club & City of Canterbury Icebreaker	Canterbury		3
5:43.82	318	H	06/12/14	Gravesend & Northfleet Open Meet 2014	Gillingham		3
5:51.71	297	H	05/10/14	East Invicta Annual Championships	Canterbury		3
6:01.46	274	F	07/09/14	City of Canterbury SC Club Championships 2014	Canterbury	Co Cant'bury	4
6:02.40	272	H	08/03/14	BG Kent ASA Swimming Championships	Gillingham	Co Cant'bury	2
6:32.62	213	H	06/10/13	East Invicta ASA Annual Championships	Canterbury	Co Cant'bury	3
6:36.18	208	F	08/09/13	City of Canterbury Club Championships	Canterbury	Co Cant'bury	4

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