

Individual Best Times (All Time)

Joshua Cruz - (926212) - Royal Tunbridge Wells Monson 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
4:24.49	516	F	16/10/16	RTW Monson Club Championships	Tonbridge	RTW Monson	4
4:33.13	469	F	23/10/15	Royal Tunbridge Wells Monson SC Club Championships	Tonbridge	RTW Monson	4
4:58.75	358	H	25/10/14	RTW Monson Club Championships	Southborough	RTW Monson	4
5:08.27	326		20/10/13	Romford Town SC 7th SC Meet	Enfield	RTW Monson	3
5:14.14	308	F	03/11/13	Erith & District SC Fireworks Weekend Open	Bexleyheath	RTW Monson	3

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