

# Individual Best Times (All Time)

Adam Murray - (937909) - City of Cardiff - 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 |
|---------|--------|-------|----------|--|-----------|-----------------|-------|
| 4:21.74 | 533    | F     | 19/10/19 | Greater Gwent Fastwater Open Meet                | Newport   | Co Cardiff      | 2     |
| 4:22.84 | 526    | F     | 03/02/18 | SW South East Regional Championships             | Newport   | Co Cardiff      | 2     |
| 4:31.99 | 475    | F     | 06/11/16 | Welsh Capital Open Meet                          | Cardiff   | Co Cardiff      | 2     |
| 4:32.84 | 470    | F     | 25/09/16 | City of Cardiff Club Championship                | Cardiff   | Co Cardiff      | 3     |
| 4:36.51 | 452    | F     | 02/12/16 | Swim Wales Short Course Championships            | Swansea   | Co Cardiff      | 2     |
| 4:42.76 | 422    | F     | 30/01/16 | Swim Wales South East Regional Championships     | Newport   | Co Cardiff      | 2     |
| 4:47.83 | 400    | F     | 27/09/15 | City of Cardiff 2015 Club Championships          | Cardiff   | Co Cardiff      | 3     |
| 4:54.01 | 376    | F     | 08/11/15 | City of Cardiff Welsh Capital Open Meet          | Cardiff   | Co Cardiff      | 2     |
| 4:58.10 | 360    | H     | 21/11/15 | Stockport Metro November Meet 2015               | Stockport |                 | 2     |
| 5:01.28 | 349    | F     | 04/02/15 | SWER Regional Championships                      | Newport   | Co Cardiff      | 2     |
| 5:01.28 | 349    | F     | 17/10/15 | Greater Gwent Fast Water Open Meet 2015          | Newport   | Co Cardiff      | 2     |
| 5:15.73 | 303    | F     | 19/12/14 | British Gas Swim Wales Open Winter Championships | Swansea   | Co Cardiff      | 1     |

## Swims in Date Order

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|---------|--------|-------|----------|--|-----------|-----------------|-------|
| 4:21.74 | 533    | F     | 19/10/19 | Greater Gwent Fastwater Open Meet            | Newport   | Co Cardiff      | 2     |
| 4:22.84 | 526    | F     | 03/02/18 | SW South East Regional Championships         | Newport   | Co Cardiff      | 2     |
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| 4:47.83 | 400    | F     | 27/09/15 | City of Cardiff 2015 Club Championships      | Cardiff   | Co Cardiff      | 3     |
| 5:01.28 | 349    | F     | 04/02/15 | SWER Regional Championships                  | Newport   | Co Cardiff      | 2     |

5:15.73

303

F

19/12/14

British Gas Swim Wales Open Winter Championships

Swansea

Co Cardiff

1