

Individual Best Times (All Time)

Adam Woo - (945629) - Winchester City Penguins - 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
4:24.72	515	H	23/11/19	WINCHESTER CLUB CHAMPS 400'S	EASTLEIGH	Winchester	4
4:32.39	473	H	22/09/18	Hampshire County Open & Junior Champs 2018	Southampton	Winchester	2
4:35.33	458	F	08/04/18	Swim Bournemouth Spring Short Course L2 Meet	Bournemouth		2
4:36.42	452	H	19/12/17	Basingstoke Bluefins Last Chance County Qualifier	Basingstoke	Winchester	3
4:45.42	411	H	04/11/17	Winchester City Penguins Club Championships	St Swithuns	Winchester	4

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