

# Individual Best Times (All Time)

Tom McCabe - (958561) - Stockport Metro 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
4:09.76	613	H	19/11/22	Stockport Metro November Short Course Open Meet 22	Stockport	Stockport Mo	2
4:10.67	607	H	05/11/22	SE NW Winter Regional Swimming Championships	Liverpool	Stockport Mo	2
4:11.56	600	H	07/11/21	NW Winter Regional Swimming Championships (25m)	Manchester	Stockport Mo	2
4:14.66	578	H	20/11/21	Stockport Metro November SC Open Meet 2021	Stockport	Stockport Mo	2
4:18.63	552	H	03/12/21	Swim England National Winter Championships (25m)	Sheffield	Stockport Mo	2
4:22.41	529	H	28/07/21	Stockport Metro	Life Leisure Grand C	Stockport Mo	0
4:22.63	527	H	23/06/21	Stockport Metro	Life Leisure	Stockport Mo	0
4:23.72	521	H	15/11/19	Stockport Metro November SC Open Meet	Grand Central Pools	Stockport Mo	2
4:26.20	506	H	19/10/19	Nova Level 2 SCM October Open Meet	Harvey Hadden	Stockport Mo	2
4:33.36	468	H	19/01/19	Cheshire County Championships 2019	Macclesfield	Stockport Mo	2
4:39.56	437	H	17/09/19	SM Club Championships 2019	Stockport	Stockport Mo	4
4:40.87	431	H	17/11/18	Stockport Metro November Short Course Open Meet	Stockport	Stockport Mo	2
4:58.63	359	H	18/09/18	Stockport Metro Club Championships 2018	Stockport	Stockport Mo	4
5:04.31	339	H	20/01/18	CHESHIRE COUNTY CHAMPIONSHIPS 2018	Macclesfield	Stockport Mo	2
5:12.33	313	H	17/12/17	Chesterfield Winter Open Championships	Matlock	Glossop	3
5:13.32	310	H	07/10/17	Great Manchester Autumn Meet 2017	Wigan	Glossop	3
5:14.50	307	H	18/11/17	Wigan BEST Future Stars Open Meet	Wigan	Stockport Mo	2
5:21.10	288	H	10/06/17	Everton & Prescot Summer Open Meet	Liverpool	Marple	3
5:22.72	284	H	28/10/17	City of Leeds October Meet 2017	Leeds	Stockport Mo	3

## Swims in Date Order

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