

# Individual Best Times (All Time)

Katie Lancaster - (1101235) - City of Linc Pentaqua SC - 400 Freestyle - Long Course

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:18.28	404	H	17/01/16	City of Derby Fifteenth LC L1 Open Meet	Sheffield	Lincoln Vulc	1

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