

Individual Best Times (All Time)

Ben Harris - (1133690) - Rushmoor Royals SC - 200 Backstroke - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:32.20	146	H	11/01/15	Rushmoor Royals 9th New Year Open Meet	Aldershot		3

Swims in Date Order

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