

# Individual Best Times (All Time)

Laith Ali - (1145001) - Rushmoor Royals SC - 200 Backstroke - Long Course

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:57.96	104	H	21/09/14	Rushmoor Royals SC Club Championships	Aldershot		4

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