

Individual Best Times (All Time)

Freya Ovenstone - (1146121) - Richmond Dales ASC - 400 Individual Medley - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
6:01.49	397	H	10/02/18	N & D 2018 Championships	Sunderland	RichmondDale	1

Swims in Date Order

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