## **Individual Best Times (All Time)**

Freya Brooke - (1156004) - Armthorpe & District SC - 200 Individual Medley - Long Course

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level	
3:44.70	176	Н	06/12/14	Borough of Barnsley 19th Annual Christmas Sprint	Sheffield		3	

## Swims in Date Order

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