

# Individual Best Times (All Time)

James Dillon - (1189083) - Basildon and Phoenix SC - 400 Freestyle - Long Course

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:50.36	435	H	20/01/18	Essex Age Group Championships 2018	Basildon	Basildon Ph	1

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