

Individual Best Times (All Time)

Sara Abdalla - (1286264) - Louth Dolphins SC - 200 Freestyle - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:13.02	88		13/03/16	Team Jorvik Spring Festival	Leeds	Louth	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:13.02	88		13/03/16	Team Jorvik Spring Festival	Leeds	Louth	3