

# Individual Best Times (All Time)

Sophia Sugden - (1300103) - Carlisle Aquatics - 400 Freestyle - Long Course

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:42.99	323	H	24/04/22	SE North West Summer Regional Swimming Champs	Liverpool	Carlisle Aq	1

## Swims in Date Order

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