

# Individual Best Times (All Time)

Aderes Litten - (1366244) - Flitwick Dolphins SC - 200 Backstroke - Long Course

Performance Graph

Drag to Zoom, right click to reset.

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:00.20	319	H	04/02/24	Bedfordshire County Championships 2024	Luton	Flitwick	1
3:01.47	312	H	05/02/23	Bedfordshire ASA County Championships 2023	Luton	Flitwick	1

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