

Individual Best Times (All Time)

Tom Gutridge - (1386571) - Killerwhales SC (Havering) - 400 Freestyle - Long Course

Swims in Time Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------|--------|-------|----------|--|--------|-----------------|-------|
| 4:38.49 | 493 | F | 28/04/24 | SE London Region Summer Championships 2024 | London | | 1 |

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