

Individual Best Times (All Time)

Arash Zare - (1394479) - Barking & Dagenham Aquatics Club - 400 Individual Medley - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
6:45.99	213	H	29/06/19	Romford Town End of Season Meet 2019	Basildon	Bo Waltham F	3

Swims in Date Order

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