

Individual Best Times (All Time)

Arash Zare - (1394479) - Barking & Dagenham Aquatics Club - 200 Freestyle - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:32.84	297	H	29/02/20	Essex Age Group Championships 2020	Basildon	Bark & Dagen	1

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