

# Individual Best Times (All Time)

Thomas Ashby - (1473386) - Basildon and Phoenix SC - 200 Breaststroke - Long Course

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:27.89	219	H	24/02/24	2024 Essex County Age Group Championships	London	Basildon Ph	1

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