

Individual Best Times (All Time)

Heidi Thomas - (1584096) - Thetford Dolphins SC - 100 Backstroke - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:26.64	289	F	03/03/24	City of Norwich March LC Open Meet 2024	Norwich		3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:26.64	289	F	03/03/24	City of Norwich March LC Open Meet 2024	Norwich		3