

Individual Best Times (All Time)

Lola Mitchinson - (1599594) - Thetford Dolphins SC - 400 Freestyle - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
6:13.51	250	H	29/01/23	Norfolk County Championships 2023	Norwich	Thetford	1

Swims in Date Order

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