

Individual Best Times (All Time)

Theodore Malik - (1682074) - Lancing College Swimming Club - 400 Freestyle - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
6:58.20	145	F	25/02/24	Sussex County ASA County Championships	Crawley		1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
6:58.20	145	F	25/02/24	Sussex County ASA County Championships	Crawley		1