

# Individual Best Times (All Time)

Theodore Malik - (1682074) - Lancing College Swimming Club - 200 Breaststroke - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:16.49	117	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
4:16.49	117	F	25/02/24	Sussex County ASA County Championships	Crawley		1