

Individual Best Times (All Time)

Sophie Quach - (228759) - Shiverers SC - 400 Freestyle - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:44.00	569	H	26/05/18	London Swimming 2018 Long Course Summer Open	London	Shiverers	1

Swims in Date Order

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