

# Individual Best Times (All Time)

Rosie Allen - (294414) - Severnside Tritons Swimming Club - 200 Breaststroke - Long Course

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:25.18	139		29/11/09	Welsh Capital Open Meet	Cardiff	Severnside	2

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:25.18	139		29/11/09	Welsh Capital Open Meet	Cardiff	Severnside	2