

Individual Best Times (All Time)

Benjamin Whitbourn - (393080) - Dereham & District SC - 400 Individual Medley - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
6:53.06	202	H	10/06/07	ASA East Region Bagcats	Norwich	Dereham	1

Swims in Date Order

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