

# Individual Best Times (All Time)

Sadie Spencer - (419713) - Carnforth & Dist Otters - 200 Freestyle - Long Course

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:28.84	435	H	31/01/16	Lancashire County WPSA Age Group & Championships	Manchester	Carnforth	1

## Swims in Date Order

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