

Individual Best Times (All Time)

Zahra Benamara - (422207) - City of Linc Pentaqua SC - 200 Backstroke - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:10.12	271	H	19/01/13	Rotherham Metro SC A & B Grade LC Meet	Sheffield	Co Lincoln P	3

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