

# Individual Best Times (All Time)

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

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:07.70	217	H	22/01/12	Rotherham Metro A & B Grade Gala	Sheffield	Co Lincoln P	3

## Swims in Date Order

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