

Individual Best Times (All Time)

Lawrence Sims - (433915) - Frome SC - 200 Backstroke - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:05.43	219	F	23/10/11	3 Towers Open Meet	Millfield	Frome	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
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