

Individual Best Times (All Time)

Daniel Ford - (450529) - Team Ipswich Swimming - 100 Backstroke - Long Course

Swims in Time Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------|--------|-------|----------|-----------------------------------|----------|-----------------|-------|
| 1:24.92 | 224 | H | 16/12/12 | Basildon & Phoenix LC Winter Meet | Basildon | teampswich | 1 |

Swims in Date Order

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