

Individual Best Times (All Time)

Benjamin Long - (469861) - Armthorpe & District SC - 400 Freestyle - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
6:07.12	215	H	08/05/10	Sports Aid Open Meet	Leeds	Armthorpe	1

Swims in Date Order

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