

# Individual Best Times (All Time)

Alexandra Ashley - (507882) - Thetford Dolphins SC - 400 Freestyle - Long Course

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:54.30	511	H	07/01/18	Norfolk County Championships 2018	Norwich	Thetford	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:54.30	511	H	07/01/18	Norfolk County Championships 2018	Norwich	Thetford	1