

# Individual Best Times (All Time)

Adelle Hall - (525422) - Hillingdon Swimming Club - 400 Freestyle - Long Course

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:08.19	445	H	09/05/10	Beckenham Open	London	Hillingdon	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:08.19	445	H	09/05/10	Beckenham Open	London	Hillingdon	1