

Individual Best Times (All Time)

James Elmer - (541001) - Trowbridge ASC - 400 Freestyle - Long Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:45.89	257	F	24/10/10	3 Towers Open Meet	Millfield	Trowbridge	3
5:49.09	250	F	30/01/10	Team Bath Grand Prix	Bath	Trowbridge	1

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