

Individual Best Times (All Time)

Matthew Dwane - (756575) - Bo'ness ASC - 400 Individual Medley - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
6:44.39	215	F	28/07/13	Swim Wales Summer Nationals	Swansea	Falkirk	1

Swims in Date Order

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