

Individual Best Times (All Time)

Mark Laing - (767910) - Halesowen SC - 400 Freestyle - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:52.46	426	H	01/06/13	Midland Age Group Championships 2013	Coventry	Halesowen	1

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