

Individual Best Times (All Time)

Lewis Adams - (778843) - Newcastle (Staffs) ASC - 400 Individual Medley - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:34.20	382	F	11/05/13	City of Manchester AST The Manchester Open	Manchester	Cosacss	1

Swims in Date Order

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