

Individual Best Times (All Time)

Ross Acklam - (803446) - Strathclyde University Swimming - 400 Individual Medley - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:58.89	308	H	18/05/13	City of Sunderland May Open Meet	Sunderland	Dumfries	1

Swims in Date Order

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