Individual Best Times (All Time)

James Benson - (819955) - Teddington SC - 50 Backstroke - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
42.58	169	H	14/07/13	London ASA Sprint Meet	Crystal Palace	Teddington	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
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