

Individual Best Times (All Time)

Menaf Al Nasir - (828315) - Brompton SC - 100 Breaststroke - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:29.54	256	H	04/04/15	Basildon & Phoenix LC Easter Meet	Basildon		1

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:29.54	256	H	04/04/15	Basildon & Phoenix LC Easter Meet	Basildon		1