

Individual Best Times (All Time)

Emma Pomfret - (848617) - Blackpool Aquatics ASC - 200 Backstroke - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:09.55	274	H	23/01/16	Lancashire County WPSA Age Group & Championships	Manchester	Blackpool Aq	1

Swims in Date Order

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