

Individual Best Times (All Time)

Emma Pomfret - (848617) - Blackpool Aquatics ASC - 400 Individual Medley - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
6:33.68	308	H	20/01/18	Lancs County WPSA Age Groups & Championships	Wavertree	Blackpool Aq	1

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