

Individual Best Times (All Time)

Dexter Lam - (849534) - Gravesend & Northfleet SC - 400 Freestyle - Long Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:43.28	468	H	20/01/18	Kent Swimming Championships 2018	Crystal Palace	Black Lion	1
4:47.39	449	H	21/01/17	Kent Swimming Championships	Crystal Palace	Black Lion	1
5:10.32	356	H	23/01/16	Kent Swimming Championships 2016	Crystal Palace	Black Lion	1

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