

Individual Best Times (All Time)

Rebecca Armstrong - (850992) - Nofio Gwynedd Performance - 100 Backstroke - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:24.91	307	H	06/07/13	Gemau Cymru 2013	Cardiff	NofioHarlech	3

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