

Individual Best Times (All Time)

Thomas Rowlands - (860482) - City of Chester Swimming Club - 400 Freestyle - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:52.53	243	H	22/12/12	City of Leeds Xmas Grand Prix 2012	Leeds	Co Chester	1

Swims in Date Order

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