

Individual Best Times (All Time)

Amy Woods - (861200) - Lincoln Vulcans SC - 400 Freestyle - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
7:06.79	167	H	26/07/14	CO Sheffield Swim Squad End of Season Summer	Sheffield	Lincoln Vulc	3

Swims in Date Order

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