

# Individual Best Times (All Time)

Ellen Armstrong - (872894) - Harrogate District SC - 200 Breaststroke - Long Course

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:45.36	227	H	02/11/13	City of Sunderland Firecracker 2013	Sunderland	Harrogate	3

## Swims in Date Order

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