

Individual Best Times (All Time)

Lauren Asekome - (873935) - Maidstone SC - 400 Freestyle - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:09.51	439	H	23/01/16	Kent Swimming Championships 2016	Crystal Palace	Maidstone SC	1

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