

Individual Best Times (All Time)

Alfie Francis - (875649) - Potters Bar SC - 400 Freestyle - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:40.23	270	H	19/04/14	Basildon & Phoenix Easter Long Course Meet	Basildon	Potters Bar	1

Swims in Date Order

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