

# Individual Best Times (All Time)

Rachel Ha - (953798) - Epping Forest Dist SC - 400 Individual Medley - Long Course

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:41.82	470	H	05/05/19	Swim England East Region Long Course Champs	Inspire Luton	Epping For't	1

## Swims in Date Order

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