

Individual Best Times (All Time)

Ben Sluman - (963058) - Southampton Dolphins SC - 400 Individual Medley - Long Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:53.07	324	H	23/05/15	ASASER Swimming Championships	Portsmouth		1
5:55.23	318	H	01/03/15	Hampshire County ASA Championships	Portsmouth	Soton Dolp	1
6:22.86	254		02/03/14	Hampshire County Championships	Portsmouth	Soton Dolp	1

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