

# Individual Best Times (All Time)

Ace Bower - (965519) - Carnforth & Dist Otters - 200 Backstroke - Long Course

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:00.11	239	H	29/01/17	Lancashire County Championships	Manchester	Carnforth	1

## Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:00.11	239	H	29/01/17	Lancashire County Championships	Manchester	Carnforth	1