

# Individual Best Times (All Time)

Aidan Lancaster - (973773) - Adwick (Doncaster) SC - 200 Breaststroke - Long Course

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:42.31	179	H	11/05/14	Lincoln Vulcans Long Course L3 Open Meet	Sheffield	Adwick	3

## Swims in Date Order

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