

Individual Best Times (All Time)

Lara Sinclair-Banks - (976894) - Market Harborough SC - 400 Freestyle - Long Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:06.48	453	H	08/03/15	Leicestershire County Age Groups & Championships	Loughborough		1

Swims in Date Order

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