

# Individual Best Times (All Time)

Nana Opoku-Gyamfi - (1100680) - Team Luton Swimming - 400 Individual Medley - Short Course

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
6:51.43	249	H	12/03/16	Team Luton Club Championships 2015 2016	Luton	Team Luton	3

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