

Individual Best Times (All Time)

Michael Umnov - (1113174) - Natare West London Swimming Club - 400 Individual Medley - Short Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
4:36.65	611	H	01/12/12	ASA South West Regional Championships	Street	Plymouth Lea	2

Swims in Date Order

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