

Individual Best Times (All Time)

Emma Lavery - (1114266) - Gateshead & Whickham SC - 400 Individual Medley - Short Course

Swims in Time Order

| Time | WA Pts | Round | Date | Meet | Venue | Club Swam Under | Level |
|---------|--------|-------|----------|---------------------------|-----------|-----------------|-------|
| 5:49.14 | 407 | F | 18/11/17 | Tynemouth ASC Winter Gala | Tynemouth | Gates &Whick | 3 |

Swims in Date Order

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