

# Individual Best Times (All Time)

Tom Adamson - (1173149) - Carnforth & Dist Otters - 200 Breaststroke - Short Course

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:45.44	151	H	11/06/16	Preston Summer Spectacular 2016 Open Meet	Darwen	Carnforth	3

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