

Individual Best Times (All Time)

Mohammad Ahmed - (1177311) - Havering Dolphins - 200 Backstroke - Short Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:16.60	155	F	03/10/15	LBRSC Early County & Regional Qualifier	Fullwell Cross	Havering Dol	3

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
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