

Individual Best Times (All Time)

Lois Mason - (1340993) - Rochford & District SC - 200 Backstroke - Short Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:07.37	255	H	18/09/21	Rochford & District SC Club Championships 2021	Clements Hall	Rochford	4

Swims in Date Order

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