

# Individual Best Times (All Time)

Arash Zare - (1394479) - Barking & Dagenham Aquatics Club - 200 Breaststroke - Short Course

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
3:28.47	191	F	07/12/19	Christmas at The Blue Light Pool 2019	Becontree	Bark & Dagen	3

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