

Individual Best Times (All Time)

Nathan Higgins - (1654516) - City of Southend on Sea SC - 400 Freestyle - Short Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
7:14.12	116	H	25/11/22	City of Southend on Sea Club Championships 2022	Southend	Southend	4

Swims in Date Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
7:14.12	116	H	25/11/22	City of Southend on Sea Club Championships 2022	Southend	Southend	4