

# Individual Best Times (All Time)

Theodore Malik - (1682074) - Lancing College Swimming Club - 400 Freestyle - Short Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
6:56.17	132	F	16/07/23	Hailsham SC Mike Pashler Invitational Open	Bede's Senior School		4

Swims in Date Order

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