

# Individual Best Times (All Time)

Miriam Valaine - (1701065) - Barking & Dagenham Aquatics Club - 100 Backstroke - Short Course

## Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
1:39.76	166	H	14/04/24	Romford Town Last Chance Regional Qualifier 2024	Romford	Bark & Dagen	3

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