

Individual Best Times (All Time)

Joseph Akik - (409542) - Bolton Metro Swimming Squad - 400 Individual Medley - Short Course

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
6:58.66	176	H	07/02/10	Central Lancs Prelim	Bury	Bury & Elton	3

Swims in Date Order

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