

Individual Best Times (All Time)

Ben Friar - (411127) - Team Ipswich Swimming - 400 Freestyle - Short Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
5:38.98	245		21/03/10	Suffolk County Champs	Ipswich	teamipswich	2
6:25.36	167		22/03/09	Suffolk County Champs	Ipswich	teamipswich	2

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